

2-13-2004

The Hilltop 2-13-2004

Hilltop Staff

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80th Year in Print

THE HILLTOP



The Student Voice of Howard University Since 1924

VOLUME 87, NO. 39

Friday, February 13, 2004

www.thehilltoponline.com

Students Support Convicted High School Athlete

By Brian Kasoro
Contributing Writer

While Marcus Dixon sits in a Georgia prison cell, with his Vanderbilt scholarship letter collecting dust at home, an informal group of Howard students, joined by the Howard University Student Association, are making plans to support the 19-year-old black man who they all say is a victim of injustice.

Dixon was convicted last May of child molestation, after it was discovered he had sex with his underage girlfriend, who is white. The charge has garnered the attention of activists and the national media because of its vague definition in Georgia's law books. According to the "Seven Deadly Sins" legislation, any injury done to a minor during sexual acts is classified as child molestation. Dixon's underage white girlfriend was a virgin; according to Georgia's laws and the state's lead prosecutor John McClellan, those "injuries" were enough to give Dixon the minimum sentence of 10 years in prison. This halts the hopes of the all-state football star, who had a 3.96 GPA.

Stephanie Tisdale, a junior African-American studies major, is one of the students trying to use the energy surrounding Dixon's case to inspire action from other Howard students. "I am just doing what I feel led to do," Tisdale said. "I hope that if some of us rise to the occasion and take the responsibility of developing tangible ways to involve the student body, the Howard population will respond with their involvement."

Dixon's case has received national media attention in the past month as people have become outraged with what has been largely perceived as a misuse of prosecutorial power.

Tisdale maintains that the case is much bigger than Dixon and feels his case "is not more important than any other case." Amidst talks of benefit concerts and forums, she is also planning permanent workshops to connect with and educate community kids. "We should be fostering growth and creativity for our young people. That takes time and sincerity," Tisdale said. Tisdale, along with other Howard students, started the "Free Mind Community School" at

See **ATHLETE** page A4

HUSA Celebrates Black History Through Song

By Charreah Jackson
Hilltop Staff Writer

Tuesday evening kicked off the celebration of the Arts and Entertainment Week of HUSA's month long Black History Celebration, as the Howard Gospel Choir, spoken word organization Poutre, the Vizion Performance Team and others celebrated the performing arts.

The program, entitled The Sounds that Sustained Us: A Celebration of African Americans in Performing Arts, though not widely advertised, boasted a large crowd that filled Blackburn's West Ballroom to capacity. The tone of the evening was set as Howard student Amanda Bynes stirred the crowd with her rendition of the National Negro

Anthem, "Lift Every Voice and Sing."

As different faces of the Howard community, from HUSA staff members to Mr. and Ms. Howard, told of the undeniable place music has played in the history of blacks, the audience not only were entertained with talent, but enlightened with profound knowledge.

"I am glad I came to this program, as it evokes us to reflect on accomplishments of those who have come before us, while also encouraging school spirit and for us to support our peers, as they do positive things," Larry Brown, Jr., a senior broadcast journalism major said.

Although the program focused on music, other art forms were incorporated. Howard University spoken word

See **HUSA** page A4



The Vizion Dance Group performed at "The Sounds That Sustained Us," a HUSA-sponsored tribute to blacks in the arts in the Blackburn West Ballroom Tuesday night.

ELECTIONS

Speak Outs Heat Up as Comments Get Personal

By Venus Brooke Taylor
Hilltop Staff Writer

Candidates for Howard University Student Association president and vice president and undergraduate trustee presented their platforms to the University in the second of a series of speak outs Monday night.

Among the issues addressed at the event, held at Drew Hall, were housing woes, voter apathy and student leader accountability.

Running for HUSA president and vice president are Spencer Chenier and Christian Dorsey, Conrad Woody and Freda Henry, Tahman Bradley and Alexis Logan, Jason Ravin and Taron Johnson.

When asked about how he would balance being a Howard University student with being an active member on the University's Board of Trustees,



Elections Chair Shawntel Hebert addresses the audience at Monday night's Speak Out in Drew Hall.

By Charreah Jackson
Hilltop Staff Writer

As the third speak out for student government candidates began Wednesday, the crowd was able to see the true character of the contenders when they were allowed to ask each slate questions.

HUSA presidential candidate Jason Ravin took personal offense as the current College of Arts and Sciences Student Council vice president and HUSA vice presidential candidate Freda Henry accused Ravin of not being completely active in his former role in student government. After telling the crowd how he helped write the platform that was responsible for Henry's current position, he expressed surprise at her line of questioning and disclosed

See **PERSONAL** page A5



Dean of the Chapel Bernard Richardson and another onlooker admire the U.S. Army-sponsored Black History month photo exhibition, which will run through tomorrow, Feb. 14.

Photo Exhibit Moves Attendees

By Jamaal Withers
Contributing Writer

In celebration of Black History Month, the Blackburn Center Art Gallery is hosting Salute to Black History Month, a gripping photo exhibition that portrays African Americans' momentous voyage towards justice.

The exhibit opened to the public Feb. 1, and will close on Feb. 14. It will then take its act to Atlanta for the upcoming week, and will conclude in St. Louis the following week.

This year, the U.S. Army and the National Newspaper

Publisher Association are sponsoring the event. A good portion of the photos in the exhibit is dedicated to highlighting the experiences of African American soldiers from the early days of the World Wars to the Persian Gulf. Detailed pictures express the companionship, struggle, and guts and glory that these soldiers share as "An Army of One."

The exhibit contains photos of some of black America's most prominent figures from Muhammad Ali to Coretta Scott King. Each picture thoroughly depicts the emotions felt by each subject, seemingly taking you

back to each moment in time. Not to mention, the gallery included the works of Howard University alum Jason Miccolo Johnson. Now a freelance photographer in the Washington D.C. area, Johnson earned his Bachelors of Arts degree in journalism from Howard in 1982. Johnson also participated in Legacy of Leadership, a panel discussion held in Blackburn's auditorium last Friday. The event, hosted by the U.S. Army, covered the war on Iraq and African Americans' role in the Army. Members of the

See **PHOTO** page A4

OUR STAFF

A New Chapter Begins for Frederick Douglass Harper

By Garret H. Sims
Contributing Writer

Frederick Douglass Harper is a teacher, one who speaks with words of authority and, at the same time, smiles like a child who has just won their very first award.

Harper is a graduate professor who works in the Department of Human Development and Psychoeducational Studies at

Howard University. He and John McFadden, a professor from the University of South Carolina, recently published a book called Culture and Counseling: New Approaches. Harper wanted to have a title that was unique, and that would deliver to the audience everything that he wanted to include in the book.

"My colleague and I wanted to have a title that encompasses all of the culture related counseling

themes," Harper said. "I wanted to do an excellent book in terms of quality, and about ethnic and gender groups from across the world. There are chapters on specifically female ethnic groups in which there are problems that may be peculiar to women only. But there are also chapters dealing with legal and social cases that Africans, Latinos, and Asians from all over the world have had."

According to Harper, whether someone is a counselor or not, there is something for everyone to learn from this book.

"In history, black people will learn how they were instrumental in the movement of counseling and culture for African Americans. Black people do not know a lot about Native Americans even though, for

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INSIDE

Senator Kerry continues to dominate the Democratic Primaries...

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Capoeira, Jiu Jitsu, HALoH, and Muay Thai: Third Power's got it all...

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SPORTS

Figure out what to give your valentine...

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LIFE & STYLE



PHOTO BY VERNELL NOEL

THE GOOD
THE GOOD
THE GOOD
THE GOOD

How Does Howard Handle Sex?

By Melanie R. Holmes
Hilltop Staff Writer

With Valentine's Day just a day away, some Howard University officials feel this is an appropriate time for students to think and act with precaution.

Carolyn R. Goode, the Assistant Director for Health Education, urges students to take advantage of all the services offered by the Student Health Center.

"The Student Health Center has an Office of Health Education," Goode said. "One of the functions of this office is to inform students about their sexual health. This is done through health promotion programs, health education outreach, counseling, workshops, classes and educational seminars."

Goode added that the Office of Health Education also oversees the Howard University Peers Educating and

Empowering Responsible Students (HU PEERS) program.

"HU PEERS is a group of peer health educators who provide students with health information, present campus-wide health promotion programs, organize and participate in campus events, and assist students in the use of health center resources," Goode said. "These students also help inform other students about their sexual health."

The Department of Health, Human Performance and Leisure offers classes in Men's Health, Women's Health and Health Science which all cover certain aspects of sexual health. However, Professor Clarence Stewart, Jr. has taught the Human Sexuality course at Howard for five years and believes this is the best way for students to become informed about sexual health.

"It's important to offer because

regardless of who you are, you're going to do something of sexual nature everyday," Stewart said. "The course gives students correct knowledge and information so they can make key decisions about their sexual health. It's a course that will help you for the rest of your life."

Stewart emphasized that the Human Sexuality course is about more than just sex and covers three dimensions of sexual health: biological, physiological and social culture.

Essential to the biology of sexual health, Stewart believes going over the male and female genitalia is a must. He also hones in on the functions of various organs in the body and cites the cultural differences of sexual health between American and other countries.

Senior Kimberly Weatherspoon acknowledges the sexual health courses but feels they are insufficient.

"They're poor to mediocre," said Weatherspoon, a biology major. "There are only two classrooms in Burr with one teacher to 60 students so the rooms are overcrowded."

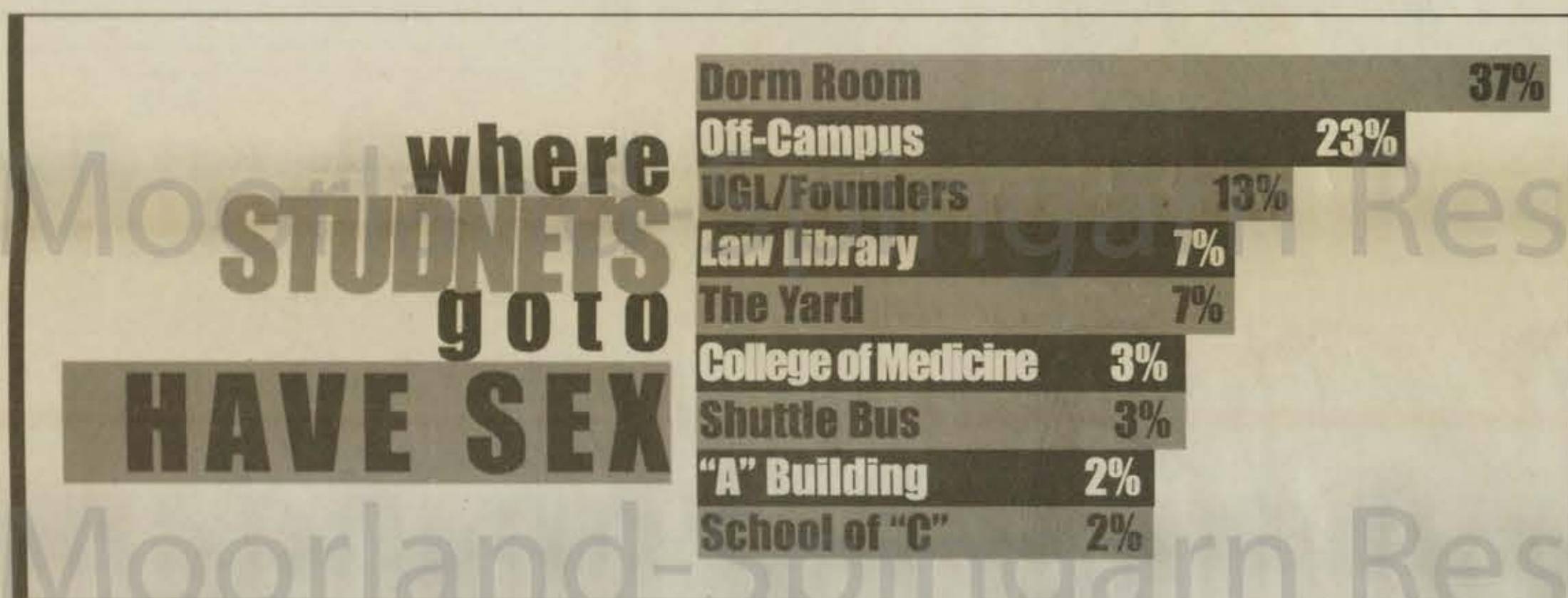
Weatherspoon suggests that the University should sponsor more awareness fairs.

"There are public health fairs in Howard Hospital that a lot of people don't know about unless they go down there," she said.

Sophomore Charisse Griffin feels that even though a variety of courses related to sexual health are available to students, the University should make better use of them.

"They're not publicized," said Griffin, an international business major. "They should make it a requirement or

See HOWARD page A10



sex and

THE BAD
THE BAD
THE BAD
THE BAD



PHOTO BY VERNELL NOEL

VOICES & VIEWS

What was your worst sexual encounter?



C. Deasbals
Junior
Anatomy

"She was nervous and she bit it."



Kalu Ugwuomo
Sophomore
Telecommunications Management

"My worst sexual experience was with someone who I didn't have feelings for."



Mikal Ankrah
Sophomore
Mechanical Engineering

"This one girl had a foul smell coming from her vaginal region."



Nile Ivey
Junior
Communications

"Me and the female were into what we were doing... she felt as though she couldn't handle the situation, she got up and left me!"

VOICES & VIEWS BY FONTA GILLIAM



CAMPUS



PHOTO BY VERNELL NOEL

THE UNKNOWN THE UNKNOWN THE UNKNOWN THE UNKNOWN

Contraception Sparks Controversy

By Nakisha Williams
Editorials and Perspectives Editor

Emergency contraception is not a new concept to society but it still sparks as many debates now as it did when it was first introduced to the United States.

The push for emergency contraceptives or "the morning after pill" in the United States came shortly after the Food and Drug Administration's 2000 approval of RU-486. Emergency contraception is often confused with RU-486, another drug that is taken after having sex but can terminate a pregnancy up to nine weeks after intercourse. Advocates of emergency contraception remain adamant about informing people that emergency contraception is not an agent of abortion.

"It is definitely not considered an abortion pill, it is considered a contra-

ceptive," said Yasmine Holsey, a physician in Howard University Hospital's OB-GYN department. "The American College of Obstetrics and Gynecology do not regard emergency contraceptives as an 'abortion pill'."

Emergency contraceptives works in three ways: They can prevent the egg from being released in the first place, prevent the egg from being fertilized by sperm once it is released or prevent the planting of a fertilized egg on the lining of the uterus.

It is the third function of these drugs that have pro-life groups against the administration and use of emergency contraception. Groups such as Concerned Women of America (CWA) and the National Right to Life Committee are all critics of the emergency contraceptive.

On the CWA website, Judy Smith, state director of CWA's Kansas Chapter,

suggested that "often they [morning-after pills] cause abortions by creating a hostile environment within the uterus, preventing implantation, with the result that the embryo cannot obtain nutrients and dies."

This view of emergency contraceptives "causing abortions" is based off of the CWA's stance that "life" begins with the fertilization of an egg.

The National Right to Life Committee says, "Once fertilization, i.e., the uniting of sperm and egg, has occurred, a new life has begun and NRLC is opposed to the destruction of that new human life."

But in the medical world, "life" has a different definition.

"The medical definition of pregnancy is a fertilized egg implanted in the uterus. So if the egg is not implanted, a woman is not pregnant," Virginia Bader, Vice President for External Affairs at

Planned Parenthood of Metropolitan Washington, said.

Planned Parenthood offers emergency contraception to walk-in patients.

"Emergency contraception is completely different than abortion," Bader said. "There are no contradictions to emergency contraception, meaning a patient can take it while on other medication. It's that safe." More commonly referred to as "the morning after pill," or Plan B, emergency contraception can be taken within 72 hours of unprotected sex to prevent pregnancy.

Emergency contraception is controversial for another reason. A proposal from The Women's Capital Corporation (WCC), a company that developed Plan B, to the Food and Drug Administration to sell emergency contraceptives over the counter. Currently, women must

See CONTRACEPTIVE page A10

the mecca



PHOTO BY MAYA GILLIAM

the TRUTH about HIV/AIDS

- There are two types of HIV: HIV-1 and HIV-2. HIV-1 is the most common form. HIV-2 is less malignant and confined to Western Africa but is spreading rapidly. Both categories have different subtypes and are contracted by unprotected sex, intravenous drug use etc.
- For people who run the risk of being exposed to the virus, hospitals administer a bi-therapy/tri-therapy treatment called Post-Exposure Prophylaxis (PEP). It must be given within 48 hours of potential exposure. PEP is a cocktail of up to 13 pills taken over a four-week period. This treatment is not a morning after pill for HIV/AIDS and should not be used as contraception.
- Every minute a new person becomes infected with HIV, the virus that causes AIDS worldwide.
- A person is considered to have transitioned from HIV to AIDS when he or she tests positive for over 26 diseases including lymphoma, pulmonary tuberculosis, and recurrent pneumonia.
- At least 10.4 million people infected with the virus are children under the age of 15 and have lost either their mother or both their parents to the disease. In the United States, one half of all new HIV infections occur in people under the age of 25. A fourth of that amount is under the age of 21.
- Through 2001, African-Americans and Latinos accounted for 84 percent of the cumulative AIDS cases among women 20-24. Black and Hispanic men 13-24 accounted for 62 percent of cumulative AIDS cases.

Compiled by Jamila Whetts
Sources: www.lifepositive.org, www.advocatesforyouth.org, www.unicef.org, www.rap.kan.net, www.fact-line.com

just IN CASE emergency CONTRACEPTIVE

Plan B

- Running at approximately \$20-25 per prescription, Plan B is one of the most popular forms of emergency contraceptives.
- Reduces the risk of pregnancy by 89 percent if taken within the first 72 hours after a single act of unprotected intercourse. Reduces risk by 95 percent if taken within the first 24 hours after an act of unprotected intercourse.
- Common side effects of emergency contraceptives include nausea, abdominal pain, fatigue, headache, and menstrual changes. The drugs have not been around long enough to determine long-term effects although researchers see no indication of serious effects occurring.
- Use of emergency contraception could prevent as many as 1.5 million of the approximately 3 million unintended pregnancies that occur each year in the United States.
- Plan B does not protect against HIV/AIDS or STDs.

NEWS

Celebration of African Americans Students Rush to Defend Teen

HUSA from A1

group, Poutre' performed a compilation of poems that included Maya Angelou's classic poem, "Why the Caged Bird Sings," which they brought to life.

No celebration of Black music would be complete without the inclusion of gospel. As the Howard Gospel Choir made their way to the stage, Kirsten Taylor, coordinator of the event, gave a passionate monologue on the intricate role gospel music played not only in the history of music, but in the history of blacks as a people. The crowd was up rocking and clapping, as the choir sang in a manner that many thought would make their ancestors proud.

"Tonight is simply excellent," said Tyler Brewster, a sophomore psychology major. "Programs like this are needed, especially at Howard since we are considered the Mecca for blacks. It is sad that we celebrate only during Black History Month, when we should be celebrating every month throughout the year."

In an homage to jazz, the Vizion Performance Team took center stage to dance to tunes of the timeless genre, as a poem by Nikki Giovanni was read. Many of the dancers had hair adorned with flowers, reminiscent of Billie Holiday, as they performed with rhythmic unity. "I am excited to see the girls per-



The Howard University Gospel Choir sings spirituals at Tuesday's black history month event, which kicked off HUSA's Art and Entertainment Week.

form," Vizion Performance Director Veronica Miller said. "Vizion is a talented and diverse group and its good to be a part of something that promotes our heritage and allows us to interact with our student body."

Even with many members of the audience dispersing before the last acts of the show, the program was deemed a big success by those in attendance, as well as by organizers. Spoken word artists representing the Suni tribe spoke on the realities of young blacks today trying to succeed and their struggle to connect with the community.

As part of the "Strengthening Our Tradition and Creating our Legacy" theme for the month, the program closed with the Andrew Rankin Memorial Choir, who sang spir-

ituals. These historical hymns sustained blacks through the institution of slavery and laid the foundation for all song.

"This type of program is important as it pays homage to the ones before us. We are exhibiting not only reverence to ancestors, but also showcasing to the Howard community those presently making contributions, as pioneers in performing arts," said coordinator Taylor.

HUSA will be hosting more events throughout the month in celebration of Black History Month. Some students, like Tyler Brewster, look forward to a day when recognition of those who laid the ground work for blacks will not be confined into the 29 days of February.

ATHLETE from A1

Lincoln Westmore Center last semester.

For the most part, students seem largely in favor of demonstrating support for Dixon. "It's a brilliant idea, educated black people need to support him," sophomore Divai Brown said. "Anyone can support him, but when you get people from any institution of higher learning it gives a greater appearance." Not everyone agrees, however, on what will be most effective. "All of the ideas are good," said junior Bree Boulware. "But I don't know how helpful they are to Marcus. A community forum sounds like the most positive idea."

Junior English major Nate Mathews has been working on organizing student support along with Stephanie. He is also using Marcus' case to spark interest in a Howard chapter of the National Alliance for Radical Prison Reform (NARPR). Mathews notes that Marcus' case is one of many and that only supporting him isn't enough. "There are many other cases out there that deal with the same issues. Lionel Tate is the first that comes to mind," Mathews said, referring to the black teenager who was sentenced to life in prison without parole when he was 12 years old. Mathews feels Dixon's case is receiving massive

attention because he was such a good kid and that if he weren't a scholar athlete, he wouldn't be on people's minds.

"Marcus was adopted by a well-to-do, white, middle class family... the first piece of information given is his SAT score. That says a lot about who we deem valuable. As if to say, 'he got a 1200 on his SAT; you can't do this to him'," Mathews said. "The other black, Latino and poor white kids facing similar circumstances have gone unmentioned. Not to lessen Marcus' plight at all, because it's an outrage."

There are several facts that many have overlooked in their rush to support Dixon, including the fact that Dixon had two incidents of sexual misconduct on his high school record. Although junior English major Harmonie Clark said that information "makes a difference," she still does not think that 10 years in prison is a reasonable punishment. "He still should be helped regardless," she said.

HUSA president Dan Blakemore said he did not know about the case until the Hilltop ran an editorial about it a few weeks ago. He expressed regret that he did not act earlier and has pledged to support the actions of students, integrate issues relating to Marcus in up-and-coming forums and petition the governor of Georgia if necessary.

Said Blakemore, "I would like to go to Georgia... but now is a horrible time because we do our budgets in advance and have a limited amount of funds, leaving us with an inability to respond to issues that come up."

Clark is happy that HUSA has decided to take action regarding this case. "As students trying to keep our grades up and participate in different activities, we can become so engrossed and don't recognize that others need us," Clark said. "But since he has realized his mistake I commend him for wanting to help."

However, Mathews does not expect much from HUSA officials. "They're not a politicized body. They're not going to raise these issues and organize around them... we have a campus full of reactionaries." It is those "reactionaries" that Mathews must turn into activists in order to accomplish his goals on campus.

Tisdale, however, has a more optimistic view on the administration's ability to help. "Howard has the respect of most people if only because of the distinguished alumni. Thus, if Howard simply spoke out, as institution, against these institutions, it would be one step closer to the shadows of people like DuBois and Baldwin."

Speak Out Held in Drew Hall

SPEAK from A1

undergraduate trustee candidate J.P. Howard responded, "No matter what office I hold, I am still a student."

He added, "Whatever happens to the students happens to me and that is how I will remain a student on the Yard while serving as a student in the board room."

Undergraduate trustee candidate Chequan Lewis views the roles of trustee and student as two interrelated duties that cannot be divorced.

"I view the Board of Trustees as the vehicle in which you can effectuate the most positive change as a representative for over 8,000 people," Lewis said.

Candidates began by introducing themselves and their platforms. This period of opening statements was followed by a session in which questions were presented by the General Elections Committee, the candi-

dates themselves, and the audience.

Some students, including freshman English and philosophy major Chanelle McCoy, observed mudslinging between the different slates.

"They were trying to cut each other on the sly and be really funny about everything as if the election was more like a game," McCoy said. "They really treated the whole speak out like it was a game."

Though speak out attendees were turned off by cross-slate undercutting, freshman marketing major Teneasha Pierson was impressed that the candidates who maintained composure.

"The most notable slates tonight were the ones who did not tear each other down and who stated their platforms intelligently," Pierson said. "They spoke from the heart and did not just say what they thought we wanted to hear."

However, students such as

sophomore allied health sciences major Barbara McCray were disheartened by the lack of job-related knowledge displayed by some candidates.

"They were neither clear nor political in their platforms," McCray said. "[Some candidates] were not talking about anything while others seemed will coordinated and well prepared."

Freshman management major Saul Camara said, "I liked the candidates who talked more about the safety and other concerns of females on campus instead of just talking about accountability in the A-Building like everybody else."

Camara added, "There is nobody who I totally disagree with, but the most successful candidates are going to be the ones who answer the females' questions."

Exhibit Pays Tribute to Black History

PHOTO from A1

Army Reserve also attempted to dispel such stereotypes as blacks not wanting to be involved in the army, the allocation of blacks on the frontline, and the lack of African Americans high in rank. On Sunday, Johnson was on hand to discuss the photo exhibit, giving his first hand accounts on his experiences while taking the photos.

While the exhibit takes viewers on a trip down memory lane, it also includes a glimpse into the future.

Up-and-coming artist from W. Bruce Evans Middle School submitted paintings and drawings that make it hard to believe that people so young could be so talented and advanced in their craft. The students based their work on their recent studies of Romare Bearden and Jacob Lawrence.

Roberta McLeod-Reeves, director of the Blackburn Center, said with a smile, "The exhibit encompasses a broad statement on contributions made to the society from African Americans." Vice-Provost for Student Affairs Franklin Chambers, who has already been to the exhibit twice called it "a wonderful display of our history." Administrators were not the only ones who were impressed by what they saw. "This type of artwork gives me a sense of appreciation for what my ancestors have done to make it possible to live life the way I do today," said freshman David Borrego. "I have gotten a chance to recognize blacks for our contributions to the U.S. army."

Sophomore LaNecia Vicknair described the photos as both "captivating" and "uplifting."

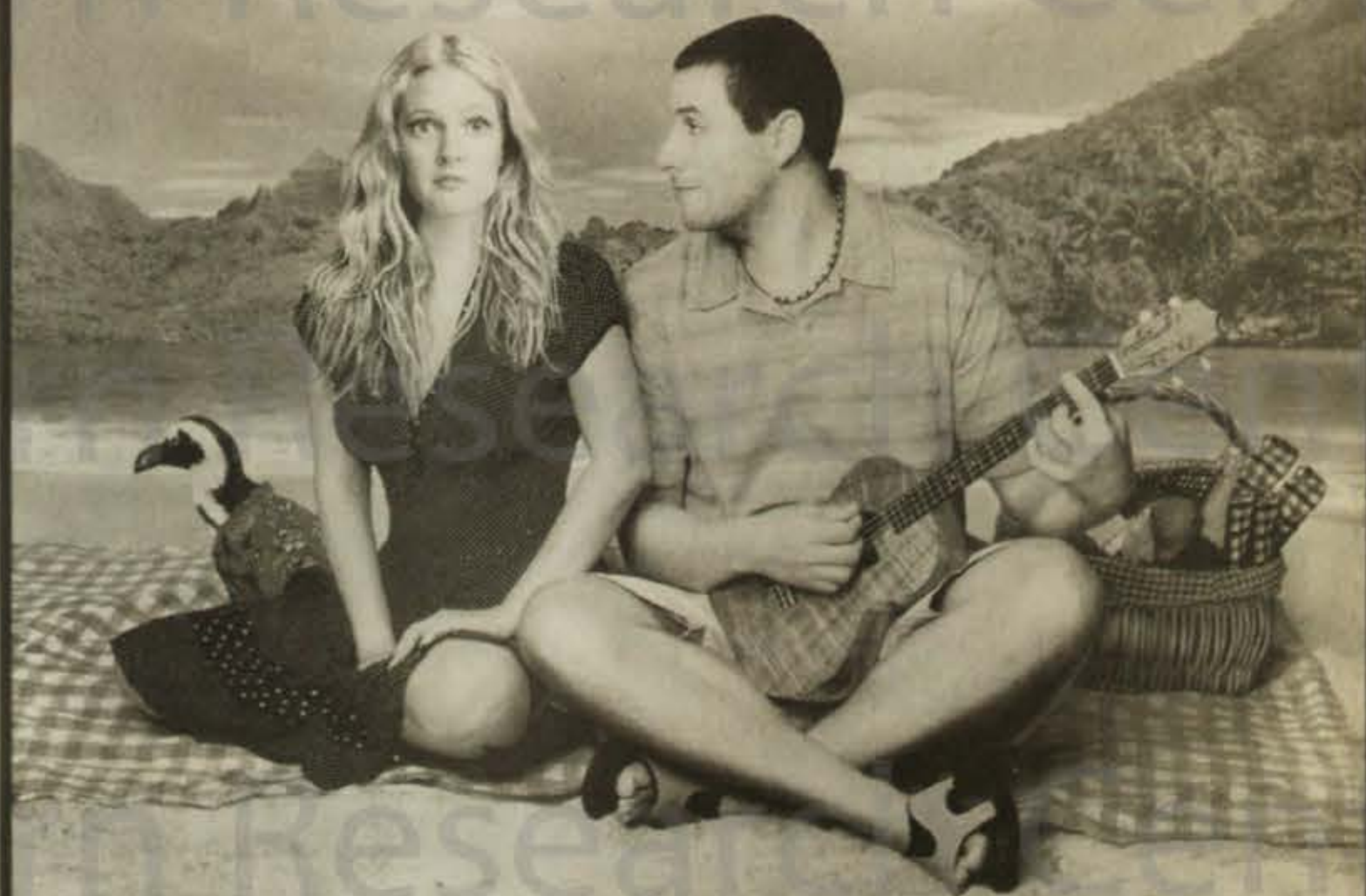
Johnson also hopes to

inspire the next wave of black photographers the same way that as legendary photographer Gordon Parks inspired him in 1980. Twenty-two years later, Johnson coordinated the 90th birthday of Gordon Parks. Like many others in his field, Johnson noted that Parks was his biggest influence as a photographer. "This type of exposure and education will surely meet the approval of Johnson. When asked what his goals were for this exhibit, he responded, 'to Mr. Johnson, who served in the U.S. Navy as a photographer, hopes this exhibit "allows students to have a greater scope of African Americans, and a greater appreciation for their history."

He added that he feels the exhibit will "educate and inform people of the prominent role African Americans have played in America and the military."

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FEBRUARY 13

NEWS

Many Sides of Professor Harper Speak Outs Too Personal for Some

HARPER from A1

most blacks, it is in their system. People would also learn about human behavior. This book gives them basic knowledge about people from different cultures internationally."

Counseling internationally is nothing new for this professor, who recently completed a four-year term as Managing Editor of the International Journal for the Advancement of Counseling from 1998-2002. He was the first American, as well as the first person of African descent to become editor of the journal. Despite this accomplishment, however, Harper is not one to rave about his achievements.

"I see this as just another stepping stone, and another job in which I make decisions in which I am in charge for," he said. "People in other countries respect you for your education and achievement. But in order to move up in something, you must have experience."

Harper, before publishing his new book, edited the Journal of Multicultural Counseling and Development. This also led to him becoming the first American to give a keynote address at the Conference of International Association for Counseling in Paris in 1988. He has also traveled to places like Argentina, Greece, India

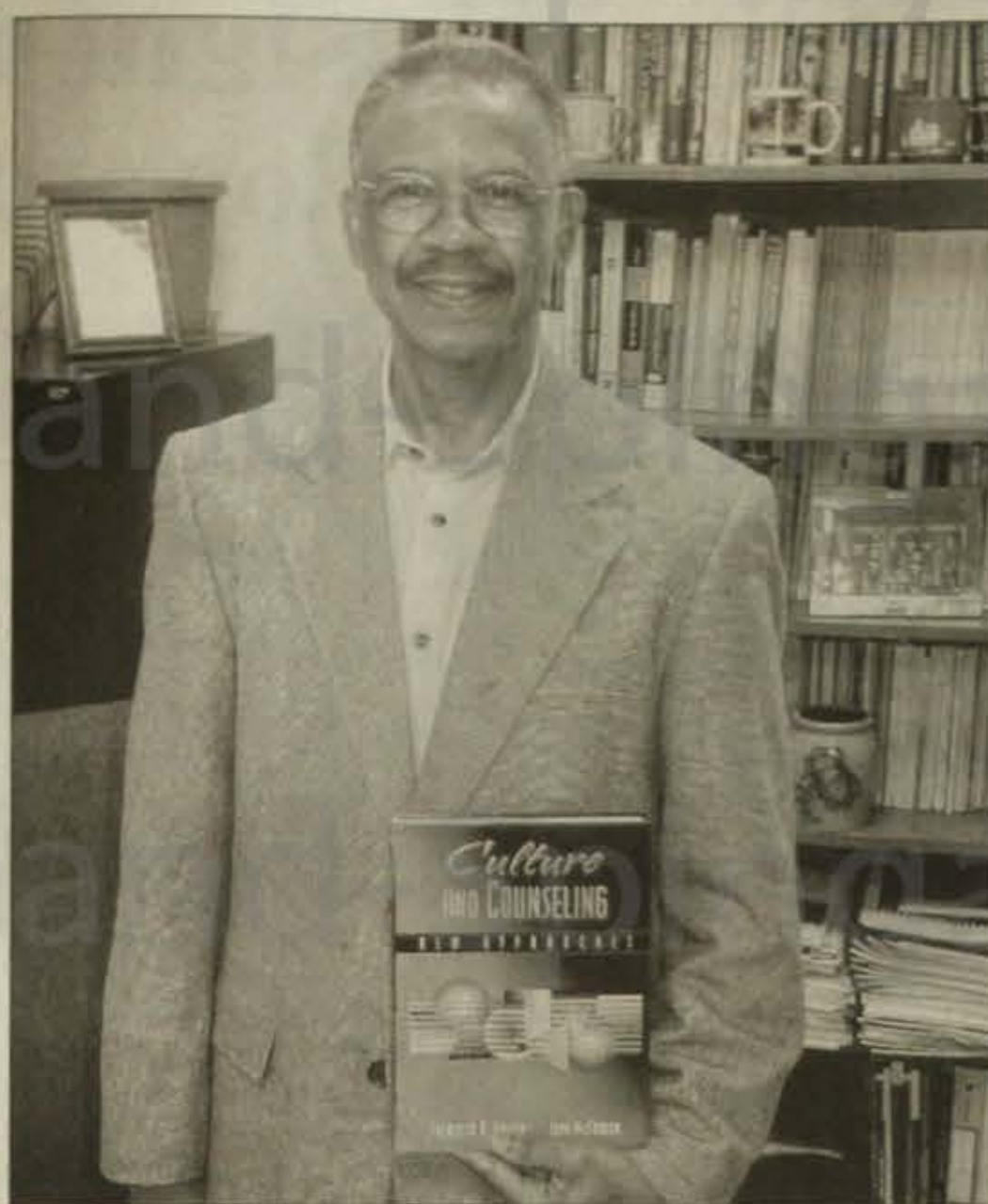


PHOTO BY GREGORY WADSWORTH
Frederick Douglass Harper, a professor at Howard's Graduate School of Arts and Sciences who recently published a book on culture, sees this effort as a way to inform black people about their culture as well as others.

and Sweden.

In his down time, Harper likes to jog and write poetry. He has published books such as Poems on Love and Life, Second Printing, as well as God's gifts: Spiritual Writing, A Book of Inspirational Poems, Prose, and Quotations. He feels that by writing these poems, it helps him to relate more to the people of today.

ple of today.

"There are generational differences, but my main purpose is to help students," Harper said. "The culture and language of today is not the same, so my focus is to help and relate to all people."

PERSONAL from A1

the hard times he had encountered during that year.

"This speak out became a little too personal. Some candidates threw low blows, which was not appropriate for this setting," junior public relations major Tamra Byrd said. "We are not here to talk about personal issues, but to address how these candidates will better serve the students of Howard. They were still not giving solid answers."

HUSA vice presidential candidate Taron Johnson chose to illustrate his knowledge of Howard's constitution by asking opponent Christian Dorsey how his platform incorporates the document.

The speak out, held in Douglass Hall, was originally scheduled to be at Meridian Hill Hall. Sophomore finance major Julian Giles felt the change should have been more publicized. "I have been to all three speak outs and I am upset they moved this one from Meridian," Giles said. "No one knew about the meeting and its change of venue. This message is not heard by the people who will ultimately make the decision—regular students."

NAACP Political Action Chair Micah Garrison agrees.

"Something needs to be worked out so more students can be aware, during lunch in

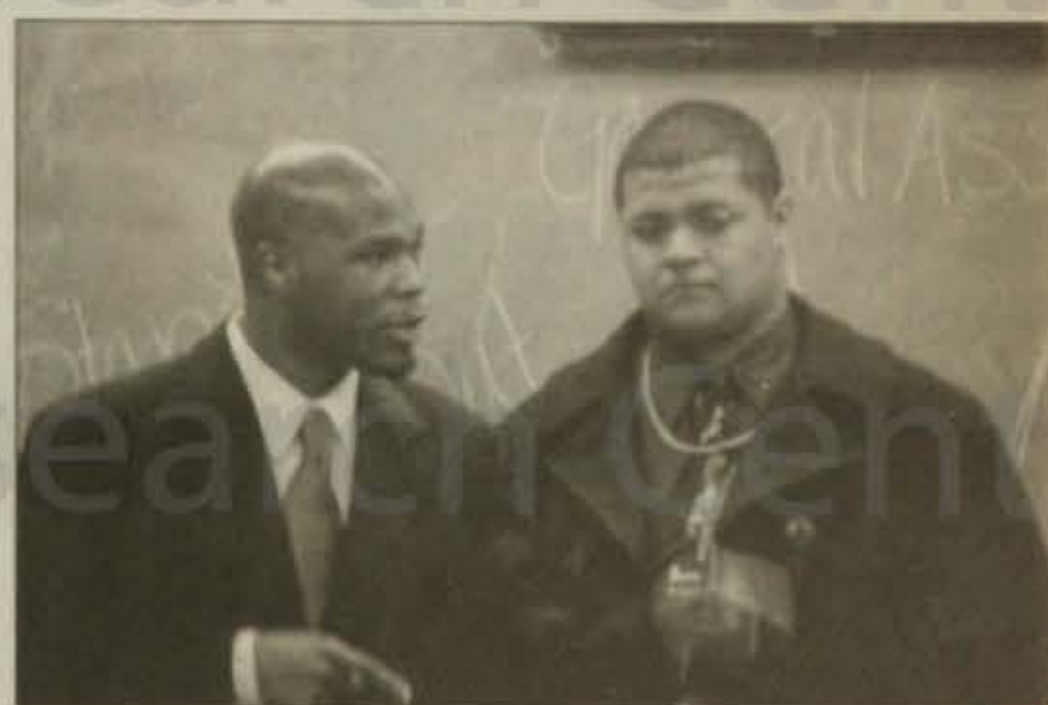


PHOTO BY RON ROGERS
Candidates Jason Ravin and Spencer Chenier talk to each other at Wednesday night's General Elections Speak Out, held in Douglass Hall.

the cafeteria or in the Punch Out, and around Blackburn," Garrison said. "Candidates should be given the opportunity to speak to students on a daily basis. It is not convenient [to] have to search to gain information on your future leaders."

Among campaign promises made were an information kiosk in front of the administration building, weekly HUSA progress reports and dating magazines for students.

After the candidates finished questioning slates, written questions from the crowd were read to those running, including why ReDefiniton and The Movement platforms had placed women in the "subservient" role of vice president. Alexis Logan responded

that she thinks of her and HUSA presidential Tahman Bradley as a supportive team with unique strengths.

Sophomore Rhyann Crawford music education major said he is happy he attended the speak out. "I am a new student. I am definitely glad I came because now I have a reason to vote and know about the candidates I am voting for," Crawford said. "I encourage other students to attend speak outs. It makes it easier to vote, with information, versus just seeing posters, and not even hearing them open their mouth. Now I see what they are about and what they stand for."

The next speak out will be held Feb. 17 and elections will be held March 4.

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graduates have applied their
leadership skills to the
growing movement to end
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Lovesopes

Week: 2/13- 2/19

Aries (3/21-4/19)

Plenty of attention is what you will be attracting this week. This will be a memorable Valentine's Day weekend for you. Even single Aries will be in for a treat.

Taurus (4/20-5/20)

You and your beau are in the midst of working out problems that you both have been having. A mini road-trip will be scheduled for this Valentine's Day Weekend. Expect a hot bubble bath and all the works! Single Taurians may be saddened to spend Valentine's Day alone but will make it a blockbuster night, watching movies with a good friend.

Gemini (5/21-6/20)

When it comes to casual sex, Gemini's aren't shy. And that will be the case for those of you who aren't in a serious relationship. Those who are in relationships will try many new things they've never tried before.

Cancer (6/21-7/22)

Cancers like to keep things simple. A nice dinner and movie is fine with them so don't try anything off the wall for this Valentine's Day weekend. Cancers don't like surprises. Going out to loud, crowded settings is not their cup of tea.

Leo (7/23-8/22)

Can you say extravagant? Leos are perfectionists, spendthrifts and like the best of the best. For the fellas with a Leo lady, forget the box of chocolates and get her something from Tiffany's and a pair of shoes. Leo women love their shoes! For the males, spontaneous sex is the perfect gift.

Virgo (8/23-9/22)

People born under the sign of Virgo are very busy, which means Valentine's Day plans should have already been made. Virgos rarely take initiative when it comes to romance so it may be a little hard breaking them out of their shell. If you are dating a Virgo, take things slow.

Libra (9/23-10/22)

Ruled by the planet Venus, which is associated with love and beauty in astrology, Libras enjoy Valentine's Day. Being alone is something a Libra is not used to because these people are almost always in a relationship even if it isn't serious. So if you are alone this Valentine's Day, cheer up Libra. If you aren't alone, expect a night of paradise.

Scorpio (10/23-11/21)

Like the Libra, Scorpios cannot be alone for a long time. This Valentine's Day weekend may find you in the company with someone of the opposite sex even if the both of you are just friends.

Sagittarius (11/22-12/21)

A recent break up has left you vowing that you won't be in another relationship right now. Ladies will pamper themselves to a spa treatment and/or manicure and fellas will spend the night on the phone talking to someone who may possibly be their next girl- but not for now.

Capricorn (12/22-1/19)

This V-Day weekend will be pleasant but you won't do anything major. There are other things on your mind right now Capricorn. You're waiting for the summer time to really get your groove on in the romance department.

Aquarius (1/20-2/18)

Many Aquarians will find themselves having an intellectual conversation with someone of the opposite sex but getting too close to someone right now is not on the agenda. An extraordinary date other than movies and dinner will earn the individual who is dating an Aquarius some brownie points. Aquarians love originality and spontaneity.

Pisces (2/19-3/20)

People born under the sign of Pisces are suckers for romance. Many Pisces males may come across as the "player type" and the females tend to exude the "playing hard to get" type of attitude but if any one loves poems, romantic letters, flirtatious conversations and all that mushy stuff - it's a Pisces.

Compiled by Leesa Davis

'Sex Matters' Workshop Gives Insight to Relationships on Howard's Campus

By Leesa Davis
Mind, Body & Soul Editor

Casual sex, relationships and sexually transmitted diseases were just some of the many topics of discussion in Blackburn's reading lounge on Wednesday, where the Howard University Student Health Center and Office of Health Education hosted its annual sex matters workshop.

"One of our functions is to promote awareness. We usually hold the Sex Matters workshop during the week of Valentine's Day" said Carolyn Goode, Assistant Director for Health Education at Howard's Health Center.

Panelists of the discussion included student peer health mentors Raquel Williams, a senior hospitality management major, Nicole Files, a senior film major and Colle Latin, a junior music performance major.

Files said students must be wary of the STD rate on Howard's campus as her professor from her human sexuality course relayed the latest statistics on Howard's campus. "Thirty percent of students at Howard got tested for an STD and thirty percent are actually infected with an STD. Now that's scary," said Files.

Charlene Mayah, a senior biology major admitted that she attended the forum because it was a requirement for



Student peer health mentors engage in discussions concerning STD's, safe sex and relationships.

a class, but found the forum to be informative.

"Comments were made that people should be honest if they have an STD but we all know that if someone admits to having an STD they are immediately ostracized," said Mayah. She said that although she found the forum enlightening, she would have liked to see more reaction from the audience.

As the discussion continued, students stirred up even more debate when the question, "If you participate in oral sex are you still considered a virgin?" was asked. Many students expressed mixed views as some felt oral sex is still a sexual act and should not

be categorized. The discussion grew heated as students discussed the morale of casual sex. Horne, one of the panelists admitted that she has participated in casual sex. "I don't really have a problem with casual sex as long as you're smart, educated and safe about it."

Latin, another panelist however disagreed. "I don't believe in casual sex. It's just not safe and people on Howard's campus need to realize that. DC has one of the highest rates of AIDS in the country."

Spencer Chanier, a graduate student at Howard who attended the workshop brought up the point that there aren't many relationships on

Howard's campus. "We all know about the female to male ratio on Howard's campus. In addition to that, people here are overly critical about other people's relationships. People need to stop caring about what other people think."

Chanier continued that many females at Howard lower their standards to accommodate the males, thus the male doesn't feel the need to raise his own standards. "It's obvious that effort on the male part isn't required. If you can get something on sale why pay full price?"

Christopher Bolden, a senior anthropology major and openly gay male said that he enjoyed the workshop, although more statistics could have been conveyed. "I like the fact that the workshop is student organized. As far as being informative, there wasn't much hard facts," said Bolden.

Chanier says that many males at Howard don't want to be bothered with titles. "You're ridiculed by your friends if they see you all wifed up," said Chanier.

Overall, many students found the forum informative. "I've been to this forum for the past three years. It provides an outlet for people looking to find answers to their questions and that's why I like discussions. I like to find out what's going on in relationships," said Chanier.

History of Valentine's Day: Holiday of Love

By Erica Williams
Asst. Mind, Body & Soul Editor

Heart-shaped boxes of candy, red and pink cards, and bouquets of beautiful flowers, are usually the gifts that accompany the holiday we know as Valentine's Day. Every February 14th, many couples exchange these gifts in an effort to display their love and affection for their significant other. You have more than likely grown up observing this custom; but have you ever wondered where it came from and what it is really about? The history of Valentine's Day is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. Although the same in its reason for celebration, the Valentine's Day of the past was far more creative and more meaningful than it is today.

A variety of interesting Valentine's Day traditions developed over time. The gift of flowers on Valentine's Day probably dates to the early 1700s when Charles II of Sweden brought the Persian poetical art called "the language of flowers" to Europe. Throughout the 18th century, floral lexicons were published, allowing secrets to be exchanged with

a lily or lily, and entire conversations to take place in a bouquet of flowers. The more popular the flower, the more traditions and meanings have been associated with it.

The rose, representing love, is probably the only flower with a meaning that is universally understood. The red rose remains the most popular flower bought by men, or even women, in the United States for their sweethearts. Also making the list of valentine favorites are tulips, lilies, daisies and carnations.

Although, the origin of Valentine's Day gifts and symbols is quite clear, there is some controversy regarding Saint Valentine, for whom the famous day is named. Archaeologists, who discovered a Roman catacomb and an ancient church dedicated to St. Valentine, are not sure if there was one Valentine or more. Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred on February 14. The most popular candidate for St. Valentine was a 3rd century Roman Priest who practiced Christianity and performed secret marriages against direct orders from Emperor Claudius II, who believed single soldiers were more likely to join his army. Legend has it that Valentine sent a friend a note signed "From

Your Valentine" before he was executed on February 14 in 270 A.D.

Today many of us celebrate this day, but could probably care less how it actually began. The creativity of Valentine's Day that began centuries ago has now become a day of thoughtless yet traditional gifts. Centuries ago, men would carve original and romantic poems in various objects to display their love for their sweetheart. Nowadays, sweethearts would be lucky to get a romantic card that required at least a second of a thought. Originality on Valentine's Day is a foreign phrase to many of us. Valentine's Day has become one of the least romantic days of the year. Yes, you heard me correctly. Many people celebrate this day out of obligation rather than celebration. Sincere romance has been replaced by convenient gifts and thoughtless cards.

So this Valentine's Day I urge you to be creative with your sweetheart. Candy, flowers, and cards are nice but original love poems are much more sincere and less expensive. If you're not a poet, making collages full of pictures and other memories is just as sincere and much more creative than a night out at the movies.

Health Briefs What's Going on In the Health World

Delaware Finds 2nd US Farm with Bird Flu

A bird flu virus has been discovered in a second chicken flock in Delaware, sparking concerns that the outbreak could seriously threaten the mid-Atlantic region's poultry industry, state officials said on Tuesday.

News of the second infection rippled through the U.S. commodity markets, sending futures prices sharply lower for cattle, soybeans and soy meal.

Delaware officials said the bird flu virus found in a commercial flock of roaster chickens in northern Sussex County was the same H7 strain found five miles away in southern Kent County late last week.

Chocolate May Not Be Too Bad After All

Chocolate, perhaps the world's favorite confection, contains chemicals like those in red wine and green tea that can help improve circulation, cut blood pressure and might produce other health benefits, according to researchers speaking Tuesday at the National Academy of Sciences.

The daylong session focused on the history, cultural impact, medical benefits and just plain good taste of cocoa, the plant that produces the raw material for chocolate.

Vampire Bat Saliva May Help Treat Stroke

A synthetic drug derived from the saliva of vampire bats may possibly be used in the treatment of acute stroke according to a report in HealthDay.

The drug, called desmoteplase, appears to extend the time window for treatment of acute stroke. The study found the drug prevents stroke-related illnesses if it's given to patients between three and nine hours after the onset of stroke symptoms.

Government Replacement Warnings

The government told makers of hormone replacement therapies Tuesday to add yet another warning to their labels — that hormones may increase older women's risk of Alzheimer's or other types of dementia. Since last year, products containing estrogen and progestin have had to bear warnings that the hormone combination increases the risk of breast cancer, heart attacks and strokes. Those risks were discovered in a landmark study in 2002 that overturned years of conventional thinking that postmenopausal hormones were generally beneficial.

Compiled by Erica Williams

MIND, BODY & SOUL



By
Crystal
Tate

Contributing Writer

February 14th. The day that couples tend to love and most singles love to hate. The day that some people await gifts of roses, teddy bears and heart shaped boxes of candy (or jewelry perhaps). Those that await the end of Valentine's Day are most likely experiencing the Valentine's Day blues. Since Valentine's Day is a holiday where relationships with others are significant, this day can bring about sadness or depression.

Many tend to feel unloved if they are not dating anyone this time of year.

Diedra Hayman, a psychologist at the Apples of Gold Online website, which offers online counseling services, stated that "Those who are single, particularly among women, may feel they are not 'worthy' unless they are partnered. For others, Valentine's Day reminds them of love lost, whether they are currently partnered or not."

According to Hayman intimacy is the basic developmental task of a person in his or her

Celebrating Valentine's Day Solo



PHOTO BY RON ROGERS

While couples are enjoying a night out, many singles may feel lonely during the Valentine's Day weekend.

20s, which is why Valentine's Day can be tough on college students.

Sherrie Benton, a psychologist at Kansas State University says "the intimacy versus isolation struggle makes the holiday a day of evaluation. If you're not with anybody it's a day when you feel bad about not having someone."

However, Valentine's Day does not have to be a day where an individual feels completely

sad for being uninvolved with someone. Many students agree. Jamel Willis, sophomore finance major said, "Being that Valentine's Day is the day you express love for others and the majority of Howard students aren't in relationships, you can spend this made up holiday with the many friends you have."

For those who are single, Valentine's Day can be spent with other single friends or doing

something for oneself, like buying those pair of shoes you wanted or getting a massage to pamper yourself. Taking a spontaneous weekend trip home is also an option, since Monday is a holiday and classes won't be in session.

Hayman believes that "one excellent remedy for sadness any time of the year is to focus our attention away from ourselves and our feelings of loneliness and loss and focus on others. Who says Valentine's Day can only be celebrated by lovers?"

Sophomore physical therapy major Natasha Greene plans to spend the day with her family. "I am going to my aunt's for a Valentine's Day brunch," said Greene.

Since Valentine's Day is about love, it is definitely an excellent day for singles to express their love to their parents, grandparents, siblings and other family members who will always be a part of their lives.

Self-love is one aspect often overlooked on this day.

"I am going to take my mentees out for Valentine's Day," said Kadia Edwards, junior broadcast journalism major. "Also, I am going to spend time with myself and give myself love."

Unconventional Ways You and Your Beau Can Celebrate Valentine's Day



PHOTO COURTESY OF GOOGLEIMAGES.COM

Instead of movies and dinner, ice skating is another way for couples to enjoy a night out.

By Desiree' Smith
Contributing Writer

Nestled in the heart of Washington DC lies a romantic gem, the ice-skating rink located in The National Gallery of Art Sculpture Garden. Since 1998, the ice skating rink has become one of the enchanting locations where lovers can enjoy each others' company. The ice-skating rink is designed for those who can appreciate fine art collections and magnificent sculptures. This open-air oasis for couples provides skating and

state-of-the-art music. Depending on the weather, the Skating rink is open Monday through Saturday, 10:00 a.m. - 11:00 p.m. and Sunday from 11:00 a.m. - 9:00 p.m. The two-hour session is ideal for a college student's budget as the cost is \$6.00 for adults and \$5.00 for students with valid ID (additional \$2.50 for skate rental). Going to the rink, especially in the evening creates a romantic ambiance as the monuments are lit and look all the more majestic.

Another unconventional yet romantic activity for the Valentine's

Day weekend with a loved one can be a day spent at DC YOGA, located on Connecticut Ave. in Washington D.C. The three-hour session is divided into a 90-minute beginner yoga work out and a 30-minute Thai Yoga massage. The Thai Yoga massage involves one partner gently applying pressure to the other while in different yoga positions. The class consists of about nine couples and focuses on breathing and comfortable stretching. Alexandra Shepherd, the partner Yoga session instructor, says, "Yoga is an ancient system of exercise used to keep the body, mind, and spirit healthy. Maintaining a healthy body and mind helps in developing healthy relationships. Couples are perfect for this type of activity." DC Yoga's Valentine's Day partner yoga session is designed for couples of all sexual preferences. DC Yoga says, "Partner Yoga is a gentle yet dynamic practice that allows you to explore the deepest communication with your loved one." The Valentine's Day session is scheduled for Saturday, February 14th 2004, 7:00pm-9:30pm and is \$20 per person.

Valentine's Day is the third most popular occasion for eating out at a restaurant, according to the National Restaurant Association's 2000 Holiday Dining. Firefly is a restaurant, which offers American exceptional cuisine in an elegant atmosphere. Located on

1310 New Hampshire Ave., Firefly serves delectable meals at an affordable price. Junior acting major, Simone Baskerville says, "Firefly is a restaurant that is perfect for special occasions because it has an intimate build with affordable prices." The theme of dining in the romantic outdoors is expressed through bright sun-kissed yellow colored walls, detailed with white birch tree trunks, and an array of vibrant colored lights. An enormous tree hung with candle-lit lanterns sits in the middle of the restaurant and creates an organic romance as diners walk through the entrance. Candles also illuminate a small, comfortable lounge area where diners can enjoy jazz music and relax in the Firefly's fantasy decor while waiting for a table or lounging at the bar. After guests have landed in its intimate nook and enjoyed fine dining, the bill is captured and presented in a pint jar, complete with nail holes in the lid. Firefly's Assistant Manager, Samantha Bartz says, "We are a comfortable restaurant inspired by memories of romantic summer nights. The staff is friendly, the atmosphere is laid back, and the food is moderately priced." Entrees are priced at \$12-\$25, desserts are \$6-\$8, and appetizers range from \$6-\$9. Bartz also suggests reservations, particularly on weekends, when this small popular restaurant is generally fully booked.

Black History Feature:

Doctor Yolanda Holmes

By Deana Thornton
Contributing Writer

Born in Georgetown, N.C, Yolanda Holmes is now a dermatologist who now owns her own practice located in Washington, D.C. After graduating from Winyah High School, Holmes continued her education at Howard University where she majored in human development with a minor in science.

"Overall my college experience was wonderful but I had to make a lot of sacrifices" said Holmes. Due to the heavy load of homework that accompanied her classes she was often unable to do many of the things that she wanted to do. "I really couldn't go out a lot because my classes were really hard so I had to spend most of my time studying," said Holmes.

In her junior year of college, Holmes was given the opportunity to participate in a office of professional studies program that was being offered

See HOLMES page A10

recipe



Fudge Drops

Ingredients:

- | | |
|---------------------------------------|--------------------------------------|
| 11 1/2 oz Pkg. milk chocolate morsels | 1 can candied cherries |
| 1 1/4 c Granola cereal | 1 pkg. candy-coated chocolate pieces |
| 1 cup salted peanuts | |

Directions: Place milk chocolate morsels in a microwave-safe bowl, and microwave at MEDIUM (50% power) 2 minutes. Stir in cereal and peanuts. Drop by teaspoonfuls onto wax paper-lined cookie sheets. Garnish, if desired. Chill until firm. Makes 4 dozen. **Health Fact:** Chocolate contains chemicals like those in red wine and green tea that can help improve circulation, cut blood pressure and might produce other health benefits, according to researchers at the National Academy of Sciences.

-Compiled by Erica Williams

Poetry Corner

Unattainable

You are worth the chase
You are ultimately my goal
And as I thought time would take its toll
And one day I wouldn't want you
You are always brand new to me
Always I see you as if for the first time
You see, I don't believe in Love
But I want you to make me a Believer
All my past relationship lessons learned
To not Trust
To not Give
To not Care

Make them a deceiver
You aren't like other boys
I know that sounds cliché
When I talk to you, rhetoric isn't mindless chatter, but intellectual foreplay
You make me wonder
And wondering gives the mind freedom to conjure anything
And although you don't see us, or feel us that way, our possibilities are endless
I feel the energy the power between our gaze
You must be excepting this as just a phase
But I know I'm not crazy
I wouldn't abandon these feel-

ing for you if you paid me
It's hard to explain the aura we create
Eyes speak words unknown to man
And heat reaches levels that could cause third degree burns
As we kiss I get hazy
I know you can't taste me but I absorb You
How can you deny what feels so right?
I feel so right when I'm with you
And somehow I feel wrong

By Christal Brookes

parker's

perspective

Civil Unions and Same Sex Marriages

By Sean Parker
Asst. Politick Editor

Recently there has been a lot of talk concerning civil unions and same sex marriages. "Civil unions" provide same sex couples with all the legal rights and benefits of marriage, but without the name "marriage."

Currently the only state that offers "civil unions" as an option is Vermont. Former Governor Howard Dean, current Democratic nominee, signed it into law. The state closest to achieving this in the near future is Massachusetts. The Ohio legislature has already turned down the idea this year.

Current Democratic frontrunner John Kerry has said that he supports civil unions but not marriage. The reason that many people may agree with one and not the other, result mainly from religious reasons. Most people feel like marriage is to be between a man and a woman and nothing differently.

I've always felt that people should not be judged based on their sexual preference. But, when it comes to the sacrament of marriage, I feel that it is up to the religious leader. If two people want to spend the rest of their lives together, than they should receive the same tax benefits and disability benefits as a married couple. If they want to be married in a church, they should have that same freedom.

The bottom line is priests and pastors have the opportunity to determine whether or not they would like to marry a man and a woman or a woman and a woman. If a homosexual couple can get someone to preside those ceremonies, who is the government to say whether or not that is possible?

Civil unions should have been possible a long time ago. As a citizen whether I agree with same sex couples has nothing to do with me being able to determine their fate. As a Christian how can I judge what someone else does in their personal life? The same goes for politicians.

President George Bush used the State of the Union Address to air his personal views and that was the wrong forum for it. George W. Bush is attempting to get a constitutional amendment to ban same sex marriages. I'm in favor of the government helping out those who can't help themselves, but I totally disagree with the government getting into people's personal lives so much that it forces them to be uneasy about the choices that they make.

Sean Parker is a junior public relations major from Cincinnati, Ohio. He can be reached at sean@rcapa.com.

Lieberman Withdraws, Kerry Frontrunner

By Brian Jackson
Contributing Writer

Joe Lieberman has become the most recent casualty in the race for the Democratic nomination for the presidency. Lieberman, who is a Senator in Connecticut, dropped out the race last Tuesday. The Senator did not perform very well in any of the seven primaries or caucuses that were held around the country. "I offered a mainstream voice and I still believe that is the right choice and the winning choice for our party and our country. Today, the voters have rendered their verdict and I accept it," said Lieberman according to pbs.org.

Massachusetts senator John Kerry is still the front-runner for the Democratic nomination. Kerry, who won five out of the seven primaries and caucuses on last Tuesday, now has the support of former presidential contender Rep. Richard Gephardt. Gephardt was key in Kerry's winning of Missouri, which is Gephardt's home state.

Gephardt then went on to criticize Sen. John Edward of North Carolina. He accused Edwards of voting "against programs to help our nation's veterans" and called for increased health and retirement funding for former members of the armed services in a radio interview in Tennessee according to pbs.org.

This past weekend Kerry continued his winning ways by sweeping the three caucuses and primaries that occurred in Michigan, Washington, and Maine. According to msnbc.com Kerry's winning streak is beginning to demoralize his opponents. Aides to both Clark and Edwards said they expect their candidates to lose Tuesday when Virginia and Tennessee hold their primaries, the first all-Southern slate of the primary race.

Howard Dean has recently put all of his eggs in one basket. He said that if he doesn't win the Wisconsin primary on February 17 he will drop out of the race. John Edwards and Wesley Clark said that they will stay in the race no matter the outcome of the next three primaries.

Edwards noted that some 75 percent of delegates to the Democratic National Convention will still be up for grabs after Wisconsin votes. "I view this very much as a long-term process, and we're in this for the long term," said the North Carolina senator on Fox News Sunday.

The American Research Group polls report that Kerry has a sizable lead in all three states: 11 points over Edwards and 12 over Clark in Tennessee; 13 points over Edwards and 18 over Clark in Virginia; and 26 points over Clark and 31 over Edwards in Wisconsin. The margin of error in each poll taken last week was plus or minus 4 points.

Kerry has also begun attacking president Bush. "The issue here is, as I have heard it raised, is was he present and active in Alabama at the time he was supposed to be. I don't have the answer to that question and just because you get an honorable discharge does not in fact answer that question" reported msnbc.com

Bush responded on NBC's meet the press by saying "I served in the National Guard. I flew F-102 aircraft. I got an honorable discharge," Bush said. "I've heard this — I've heard this ever since I started running for office. I put in my time, proudly so."

This Sunday The Rev. Al Sharpton vowed to remain in the presidential race while speaking at a black church in Richmond. He urged worshippers to vote for the candidate who represents their views, not who they think has the best chance of winning.



Senator John Kerry (top) continues to be the front-runner for the Democratic nomination. Senator Joe Lieberman (bottom), dropped out of the race last Tuesday.

Dean Replaces Campaign Manager

By Felicia Crabtree
Contributing Writer

After disappointing finishes in New Hampshire and Iowa, Howard Dean replaced his presidential campaign manager, Joe Trippi with Roy Neel, former Washington lobbyist tied to Al Gore.

Trippi played a huge role in the development of the Howard Dean campaign - the fundraising, the Internet strategy, and the message. He has claimed to be an icon to thousands of Internet savvy supporters across the country. "Joe Trippi was an important part in Dean's campaign, generating support and enthusiasm, especially via Internet," says Assistant Broadcast Journalism Professor, Jonathan P. Decker.

The former campaign manager is credited with overseeing Dean's rise from a political "nobody" to the Democratic front-runner before he came in third place in the Iowa caucuses and second place in the New Hampshire primaries. In a conference call with members of Congress who have endorsed Dean, he was told that finishing in second was not good enough, he had to show he could win a primary. Dean was said to be



Howard Dean (middle) replaced campaign manager Joe Trippi (left) with Roy Neel (right), after disappointing finishes in the Iowa and New Hampshire Democratic primaries.

very upset about coming in third place in Iowa. Some on his presidential campaign staff blamed Joe Trippi in part, for being disorganized, and for running poor-quality advertisements. Trippi has been criticized by fellow members of his staff, for being a poor and undisciplined manager. Dean and Trippi also had disagreements over spending. Dean is claimed to be very tight with his budgets and would often decline ideas Trippi proposed.

On Wednesday, January 28, 2004, Trippi released a statement saying, "The Governor has asked Roy Neel to come in as CEO of the campaign. I have resigned as campaign manager. I may be out of the campaign, but I'm not out of the fight." Trippi told MSNBC that he still believed Howard Dean was going to be the Democratic nominee and thinks he is the candidate who can change the country.

Trippi was offered the title of senior advisor, but

decided to resign. "You can't have two captains. I just don't believe you can do that. And I thought the best thing for me to do would be to resign and help change the country in a different way, as a citizen Dean supporter instead of campaign manager," Trippi told CNN. Assistant Broadcast Journalism Professor Jonathan P. Decker agrees saying, "Joe Trippi no longer wanted to be second banana in running the campaign. He wanted to make the deci-

sions."

Democrats were surprised at Howard Dean for making such a drastic move in the middle of the presidential race. "It's the campaign's acknowledgement that things have gotten drastically off course," Anita Dunn told CNN. "Often, when that happens you make a managerial change, no matter how well the manager is doing." This is also true for sophomore Political Science major Brandon Bradford. "I am extremely shocked Howard Dean replaced Joe Trippi. I do not think this was a smart move."

Dean said Joe Neel's appointment as the campaign's chief executive officer was necessary to centralize the campaign's internal decision-making process. Dean's campaign officials said this was a sign of Al Gore's growing influence in the campaign. The former vice president has spoken to Dean several times since Iowa and helped convince him to give Neel a higher profile. Joe Neel was Gore's former senatorial and vice presidential chief of staff. He served as chief executive of the U.S. Telecom Association in Washington before working on Gore's 2000 presidential campaign.

POLITICK



DEMOCRATIC NATIONAL COMMITTEE



Websites Improve Political Awareness

By T. Tamara Durant
Contributing Writer

Are you having trouble staying informed about the race for the Presidency? If so, there are two simple websites that may have all the answers you need. www.gop.com and www.democrats.org.

The first, www.gop.com, is the main page to stay updated about the happenings in the Republican party. When you first log onto the site, a pop-up welcomes you that gives an overview of the website. The home-

page features top stories and the latest headlines about the party.

There are also special features that include "The Chairman's Corner," where you can contact the Republican National Committee Chairman, Ed Gillespie. If you're confused about what the Republican party is all about, you can click the "About the G.O.P." link that offers a history of the party, its platform, and even the origin of the Republican's elephant symbol.

You can easily learn about Bush's views on a variety of major issues- including health care, the

economy, and, of course, national security with just one click. "Abriendo Caminos" is the Spanish version of the site that features the same articles and information as the English version.

For those of you who want to keep informed about the Democratic party, the Democratic National Committee has its official website, www.democrats.org. Like the Republican National Committee's site, you can find useful information about the history and activities of the parties.

If you're interested in working

in the government, you can check the job postings area of the site. You can also see what issues are being discussed in your home state by using the "Get Local" link.

Though they are similar in the organization of the page, the sites greatly vary in the amount of content that is on them. The Republican's site is packed with extra features to motivate and excite members of the Republican party, ranging from political cartoons that feature Bush as a superhero, and an online store where you can purchase key chains, mouse

pads, etcetera.

The DNC's site, however, is more straightforward with its information about the party and how to get involved. There is also a special section of the site that is dedicated to the various voter outreach programs led by the party.

You can easily register to vote on both sites, and even email your friends and families reminders about upcoming election dates. Overall, both sites are clear and easy to use. Both are well-organized and very easy to understand.



REPUBLICAN NATIONAL COMMITTEE

Electronic Elections

By Naeesa Aziz
Hilltop Staff Writer

This election season, organizers are finding more electronic ways to bring the vote to the people. With the help of the internet and automated voting machines, paper ballots may be on their way to extinction.

More than 50,000 touch-screen voting machines are being used in states from California to Virginia and most states who haven't installed the technology plan to get funding to join the others.

The surge in electronic voting comes as a result of the 2002 Help America Vote Act which was passed in the wake of the 2000 presidential election recount nightmare.

Last week, Michigan voters took to the internet to cast their votes for the Feb. 7 presidential caucus resulting in a voter turnout of over 46,000.

Helping the possible increase in voter turnout is the versatility of voting machines. Theoretically, the machines can be placed anywhere so no longer will voters have to travel to obscure places to vote. A number of

Californian counties have already placed themachines in shopping malls in efforts to attract younger voters.

"I don't believe online voting is very efficient. I think they would get a better response if they used touch screens. This would eliminate the hassle of searching for the website and make it easier for voters," said freshman administration of justice major, Ashley Denson.

While these alternative forms of voting increase voter participation, problems of security and general technology malfunction cloud this electronic victory. Despite the reassurance of security experts, officials and voters alike worry that hackers or other problemscould put accuracy in jeopardy.

"Unless we can institute viable, stable, standardized, dependable safeguards against voter fraud online, I am against online voting and even if we do come up with safeguards, there's always going to be some hacker or bored computer student who finds a way to circumvent the system," said sophomore political science major Bola Omisore.

States like California and Nevada now require printouts of e-ballots and plan to have attendants at each voting station however, many experts still feel the machines are open targets for hacking and sabotage.

"As long as the choices are clear and comprehensible, then it would be a lot easier to deal with then paper votes," said junior computer science major Howard Baker. "On the other hand, its a lot easier, depending on the programs security, to change votes."

As many states have joined this wave of technology due to funding or otherwise, New Hampshire has not been so easily bought. The state's laws require that voters cast paper ballots citing that other methods aren't secure. Voters fill in ovals on cards which are scanned similar to those used for the SAT.

Local elections and caucuses are one issue, but the presidential election is another. The Pentagonhas recently dismissed plans to implement an online voting system for American citizens overseas.

In 2000, many members of the military and other Americans abroad did not

receive ballots in time to cast votes. Over 6 million voters live overseas. A secure online voting system would mean a larger voting population and more accurate results.

Although the Pentagon is still working on the system, officials say that with today's technology, 100 percent security cannot be guaranteed.

"I see online voting as an attempt to increase the dismal voter turnout," said sophomore political science major Joshua Saleem.

"Also, internet voting-brings with it new security problems with hackers and an upper-hand to the wealthy and those with internet access. Candidates would then be campaigning to these two demographics, as if not influenced by them enough, forgetting campaign promises to the poor and less computer savvy population. Also, I think online voting would increase the vast number of voters whose apathy toward the American electoral system compels them to stay at home in November."

General Clark Makes His Exit



PHOTO COURTESY OF BBCNEWS.COM

Democratic presidential candidate Wesley Clark dropped out of the race Wednesday after winning only one primary, during a campaign of only five months. Four candidates remain: frontrunner John Kerry, Howard Dean, Dennis Kucinich and Rev. Al Sharpton. According to CNN.COM, Clark is now expected to endorse Senator Kerry.

HU INSIDER by Marcus Bird



NEWS

Howard Promotes Sexual Health

HOWARD from A2

an elective for a graduation requirement because [sexual health] affects our community."

Griffin believes that the sexual health courses are important because they will help further educate Howard students about all sexually transmitted diseases, especially HIV/AIDS.

"When people have more knowledge about a subject, it's definitely more beneficial," she said. "To my knowledge, there are a lot of STDs on college campuses. Because we're at a black university, AIDS affects us and we need to be more aware and responsible about it."



PHOTO BY MATA GILLIAM

The university provides sex education, however some students are not satisfied with its efforts.

The Debate Continues Over Plan B

CONTRACEPTIVE from A3

rely on providers to prescribe or give them emergency contraception, except in Washington, California, Alaska, New Mexico and Hawaii, where it can be obtained from a trained pharmacist without an advance prescription. "Emergency contraception is essential for medical public health and women's health. There is no reason why it should not be available over the counter," said Badar.

Students like Alia Harris, a sophomore chemistry major believe that it is essential for the drugs to be available so that women can avoid other options

for dealing with unwanted pregnancy. "I had a friend who was raped and she had to rely on it," said. "So for situations like that it's very important."

But some, like Aliyah Hameen, a sophomore English major, do not see the benefits of emergency contraceptives being so readily available. "I don't agree with it because it allows people to feel lackadaisical," she said. "People will use it to fall back on instead of being responsible in the first place."

Even the makers of emergency contraceptives state that they are not a substitute for correct use of regular contraceptives. They are less effective

than regular contraception, and provide no protection from HIV/AIDS or sexually transmitted diseases.

However, it is still viewed as an alternative to adoption or abortion.

"It is important that women know about the availability of emergency contraceptives," said Hosley. "Women need to know that this is an option."

For more information on the emergency contraceptive or to obtain a prescription call 1-888-not-2-late, 1-800-230-Plan, or the HU Women's Clinic.

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Do you know what to do if there's a chemical or biological attack in your community? How about a radiological explosion? In an emergency like that, knowledge and common sense will help you stay calm and safe. To find out what you need to know and do, visit www.ready.gov. Or, call 1-800-BE-READY (1-800-237-3239) for a free brochure.

Howard Grad Owns Own Practice

HOLMES from A7

at Howard University for people that were interested in medicine. This is where she determined what she wanted to do for the rest of her life. "We were able to choose which field we wanted to work in and I chose dermatology. That experience was my motivation to become a dermatologist," said Holmes.

Her persistence and hard work paid when she graduated from Howard with a bachelor in science (BS). After graduation, Holmes went to Bryn Mawr College for a post back program for people who were interested in medicine. After completing the program, she then applied to medical school but was not accepted. Feeling discouraged, her father was there again to offer his advice. Holmes distinctly remembers his words of encouragement.

"My father told me, just because you weren't accepted this time, doesn't mean that you never will be," said Holmes.

Taking heed of her father's words, she sought out other medical schools. Shortly after, Holmes was accepted into the Medical College of Pennsylvania where she received an M.D. After receiving her MD, Holmes went out into the real world and worked for several group practices. There she saw many things that she wanted to change but was unable to initiate her own ideas because she worked under someone else. Feeling helpless and constrained, Holmes decided to take matters into her own hands and begin her own practice. So far, Yolanda has been very successful in her business and is content with where she is in her life.

Her persistence, sacrifice

and hard work paid off when she graduated from Howard with a bachelor in science (BS).

Dr. Holmes now owns her own practice located in DC. In addition to running her own practice, she also belongs to several organizations including, the National Medical Association, American Academy of Dermatology and the Dermatologic Society.

Dr. Holmes is proud of all of her accomplishments and is happy with where she is in life. To students who want to become doctors, Dr. Holmes offers some words of encouragement. "It is a long hard road and there are a lot of things that you have to sacrifice but once you complete school and training you will be really happy as I am and will realize that the sacrifice was well worth it," said Dr. Holmes.



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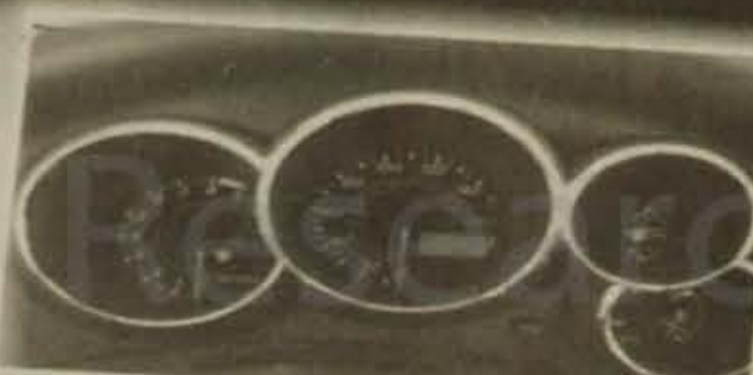
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LUTHER
KING,
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WOMEN'S LACROSSE

FEB. 14, in South Carolina

@ The South of the Border Tournament



MEN'S & WOMEN'S

TENNIS

FEB. 14-15, in Bethlehem, PA

HOWARD vs. Lehigh



MEN'S & WOMEN'S

Track and Field



@ George Mason Invitational, FEB. 14

AND...CONGRATULATIONS TO INDOOR TRACK:

All American **David Oliver** won the 60-meter hurdles at the Historically Black College Invitational in Landover last weekend.

Alicia Williams, freshman, won the Women's 800 in 2 minutes, 20.79 seconds.

The Bison **4x400 Men's Relay** team finished second at the HBC Invitational.

David Oliver won second-place finish at the Milrose Games in New York Friday night, when he ran the 60M hurdles in the final at 9:30.

Best Wishes to

Bison Basketball

on the road!



Just up the road in Baltimore...

Sat, Feb 14th @ Morgan State 5:30pm and 7:30pm

Mon, Feb 16th @ Coppin State 5:30pm and 8:00pm

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HOWARD BISON vs. Bethune-Cookman

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FOR THE WIN vs. UMES !!**

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Let's talk.

The Howard University Counseling Service

6th and Bryant Streets, N.W. (202) 806-6870

Division of Student Affairs

February 2004

No LeBron, No East

By Zachary Kenworthy
Hilltop Staff Writer

Job security for coaches in the NBA East is as assured as Andre 3000's wardrobe. However, that's where the comparisons between the NBA's weaker league and music's most innovative group and recent Grammy winners, Outkast, end. In essence, every season the East vies for an opportunity to lose to the top Western Conference team in the finals, as emptied stadiums, definitively bogus trades and dissipating talent leave much to be desired.

At the Mecca of sporting arenas — Madison Square Garden — the Knicks have been a buzz-kill, the Atlanta Hawks can't keep their cheerleaders interested in the game and the most exciting thing in Indiana, which is atop the East at the break, is Ron Artest's violent outburst curve. In addition, Reggie Miller, at the age of 64 is still a top player. Al is always injured in Philly, Chicago is part of the East and we're enjoying watching the Detroit Pistons defend — not score.

Enter the savior, the pedigree, the God-send: King James.

Unfortunately for LeBron and the rest of the starved nation, the King James Version of All-Star weekend has not hit the bookstores. Sadly, it seems that the regal 6-8, 258 pound rookie will only take part in Friday night's contribution to the weekend: the Got Milk? Rookie Challenge. On this night, King James and his scribes will take on the elite of the NBA's sophomore class.

Although Friday night's Rookie Challenge in Los Angeles is not beneath the NBA's future flamebearer, the East, as a conference and a team, has missed out on a hearty opportunity to revitalize an already appalling year.

The NBA East has a little to boast about that LeBron James should be the rallying point. In fact, the East has no other points around which to rally. He is the only part of a conference with any marketability, mega-potential and is the closest thing to being Jordan-esque on a court. Oh yeah, as a rookie he is also thirteenth in the league with 20.7 points per game.

Without a doubt, this Friday's Rookie Challenge will be the highest rated rookie all-star event ever. Simply put, LeBron is the attraction and he should be a part of the festivities — the main festivities. He should play with the big boys. He must give the sputtering NBA a shot in the arm. In fact, if LeBron doesn't play, the only attraction may be Charles Barkley — and he won't even be on the court.

Nonetheless, it has been reported that NBA Commissioner David Stern has offered James a spot if anyone opts-out at the last moment. Initially, LeBron was said to have declined like Denver's Carmelo Anthony, but will now play if given the chance. Anthony's reason for declining — if I wasn't good enough the first time around then...

So, we sit and we hope. We hope for a pulled hamstring, a sprained ankle, or a sore knee. We hope for a stubbed big toe, headache or a suspension. In reality, some fans may even hope for an arrest. I just hope the fans get a King James scripture or two on Saturday.

L

By Jonathan Davis
Contributing Writer



The NHL and NFL had their fun as they shared an All-Star weekend. This time, it's the NBA turn to participate with a weekend filled with festivities. They begin Friday, February 13 and end Sunday February 15 with the 53rd annual NBA All-Star Game.

FRIDAY



The festivities on ESPN at 7 p.m. with the NBA All-Star Celebrity Game presented by 989 Sports and McDonalds.

Celebrities, musicians and television stars like Ashton Kutcher from MTV's show Punk'd, Queen Latifah, Paris Hilton, Nick Carter and many more will be participating.



At 9 p.m., switch to TNT to see the rookies of 2004 face-off against the one-year removed sophomore class in the 10th annual Got Milk? Rookie Challenge.

This fifth year format, the NBA rookie class vs. sophomore class of the NBA, will feature a rookie duo of Cleveland Cavaliers' star LeBron James and Denver Nuggets' 14K Carmelo Anthony. Assisting them will be forward/center Chris Bosh (Toronto Raptors), forward Udonis Haslem and guard Dwayne Wade (Miami Heat), guard Jarvis Hayes (Washington Wizards), guard Kirk Hinrich (Chicago Bulls), forward Josh Howard (Dallas Mavericks) and center Chris Kaman (Los Angeles Clippers).



The rookies will be headed by TNT broadcast analyst Doug Collins and assisted by former Nets' Head Coach Byron Scott.



The Sophomore team should not be taken light. They will feature center Yao Ming of the Houston Rockets, Phoenix Suns' forward Amare Stoudemire, last year's got milk? Rookie of the Year. The team will also include forward Carlos Boozer (Cleveland

A WEEKEND FULL OF ALL-STAR

Cavaliers), swingmen Mike Dunleavy Jr. (Golden State Warriors), Emanuel Ginobili (San Antonio Spurs) and Marko Jaric (Los Angeles Clippers), Ronald "Flip" Murray (Seattle Supersonics), center Nene (Denver Nuggets) and Tayshaun Prince (Detroit Pistons).

Michael Cooper, who led the Los Angeles Sparks to two WNBA championship and five time NBA Champion, will head the sophomores along with his former Los Angeles Laker teammate and the NBA all-time leading scorer Kareem Abdul-Jabbar.

SATURDAY

The events begin at 8:30 p.m. on TNT with the 2nd Annual 989 Sports Skills Challenge, one of the featured events.

The contest features point guards Gary Payton (Los Angeles Lakers), Earl Boykins (Denver Nuggets), Stephon Marbury (New York Knicks) and Baron Davis (New Orleans Hornets).

This year, the contest will be searching for a new champion because last year's inaugural winner Jason Kidd will not be participating this year.

Keep it on TNT for Foot Locker's Three-Point Shootout as sharp shooting forward Peja Stojakovic looks to defend his title, only Chicago Bulls' Craig Hodges and Boston Celtics' Larry Bird have done successfully. Standing in his way are guard Chauncey Billups (Detroit Pistons), forward Kyle Korver (Philadelphia 76ers), Voshon Lenard (Denver Nuggets), Rashard Lewis (Seattle Supersonics) and Cuttino Mobley (Houston Rockets).

Another first time event that will take place on All-Star Saturday is the inaugural RadioShack Shooting Stars competition, which will feature a field four teams comprised of NBA players, WNBA players and NBA legends.

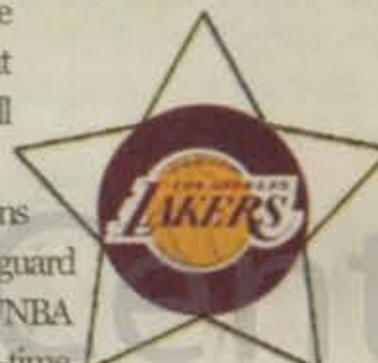
This field of 12 basketball stars will be divided into four teams — Pistons, Spurs, Lakers and Clippers. The team representing the Lakers will include Lakers guard Derek Fisher, two-time WNBA champion of the Los Angeles Sparks, center Lisa Leslie and Hall of Famer and five-time NBA champion with the LA Lakers Magic Johnson.

Los Angeles Clippers guard Marko Jaric, Los Angeles Sparks' guard Nikki Teasley and former LA Clipper, San Antonio Spur and Seattle Supersonic and New York

Knick Terry Cummings round out the team that will represent the Clipper team.

Spurs guard Manu Ginobili, former San Antonio Silver Stars guard Jennifer Azzi and the NBA's all-time leader in three-point shooting percentage (45%) Steve Kerr will represent the San Antonio Spurs.

And representing the Detroit Pistons team in this event will be Pistons guard Chauncey Billups, forward of the WNBA Champion Detroit Cheryl Ford and two-time NBA Champion of the Detroit Pistons John "Spider" Salley.



SUNDAY

On Sunday, NBA's All-Star weekend culminates with its main attraction 53rd Annual NBA All-Star Game from the Staples Center in Los Angeles, California. The top players of the Eastern Conference and Western Conference will go toe-to-toe in a game where defense is optional.

In last year's mid-season classic in Atlanta, the Western Conference won in a thrilling, high flying, double overtime game over the Eastern Conference, 155-145. The West was lead by Minnesota Timberwolves' forward Kevin Garnett who scored 37 points, seven of those in the second overtime as he captured the Most Valuable Player honors.

This year's All-Star game will be highlighted by the appearance of six first timers: Ron Artest (Indiana Pacers), Jamaal Magloire (New Orleans Hornets), Michael Redd (Milwaukee Bucks) and Kenyon Martin (New Jersey Nets) for the East and Sam Cassell (Minnesota Timberwolves) and Andrei Kirilenko (Utah Jazz) representing the Western Conference All-Stars.

To see all the thrilling action, excitement and unforgettable moments from All-Star Weekend in Los Angeles tune to TNT on Friday at 9 p.m. as action begins with the Got Milk Rookie Challenge and goes all the way to the 53rd Annual NBA All-Star Game on Sunday.



ALL-STAR WEEKEND NOT ALL FUN AND GAMES

EASTERN
CONFERENCE
STARTING 5

By Jonathan Davis
Contributing Writer

F **Vince Carter**
Raptors
F **Jermaine O'Neal**
Pacers
C **Ben Wallace**
Pistons
G **Allen Iverson**
76ers
G **Tracy McGrady**
Magic

RESERVES
F **Ron Artest**
Pacers
G **Baron Davis**
Hornets
G **Jason Kidd**
Nets
C **Jamaal Magloire**
Hornets
F **Kenyon Martin**
Nets
G/F **Paul Pierce**
Celtics
G **Michael Redd**
Bucks

Whether it's the non-profit organization Reading is Fundamental or PBS' Reading Rainbow, literacy has always been stressed and the NBA is taking the next step.

On Saturday Feb. 14 at noon ET, NBA's All-Star Weekend will take education a step further with the 3rd Annual Read to Achieve Celebration from the Los Angeles Convention Center. This event celebrates the importance of reading and its role in being successful in the game of life.

Started in May 2001, Read to Achieve is a year-around league wide program supported by NBA, WNBA and National Basketball Developmental League (NBDL) players that promote the importance of reading and on-line literacy while encouraging parents and adults to read regularly with young children.

According to NBA.com, the Read to Achieve program has reached an estimated 50 million children a year, making it the most extensive educational outreach initiative in the history of professional sports.

Hosting this one-hour celebra-

tion will be NBA Inside Stuff's and executive producer Ahmad Rashad and Summer Sanders.

This event will include special appearances by rookie sensations LeBron James (Cleveland Cavaliers) and Carmelo Anthony (Denver Nuggets). The show will also feature Baron Davis (New Orleans Hornets), Mike Dunleavy Jr. (Golden State Warriors) and Corey Maggette (Los Angeles Clippers) as well as WNBA stars Lisa Leslie (Los Angeles Sparks), Cheryl Ford (Detroit Shock) and Sue Bird (Seattle Storm).

Aside from the NBA and WNBA, music superstars will participate for this educational event. Hillary Duff, starring in the Disney Channel No. 1 show "Lizzie McGuire," who has a box office smash "Cheaper by the Dozen," will be performing "Come Clean" from her debut album METAMORPHOSIS.

Also performing will be Grammy Award-winning singer/songwriter Ashanti, two-time Grammy Award-winning and multi-platinum selling superstar Usher and newcomer FeFe Dobson will be singing her hit single "Everything" from her self-titled debut album.

At 5 p.m., TNT will host a one-

hour special entitled, "NBA TV: Denver Nuggets All-Access."

This will take a look into the lives of the Denver Nuggets players like Carmelo Anthony, Earl Boykins, Nene both on the court and off, take people behind the scenes with Nuggets' Head Coach Jeff Bzdelik and his coaching staff and will feature a look at people who work in the front office of the Nuggets including General Manager Kiki Vandeweghe.

At 6 p.m. TNT will broadcast a one-hour feature entitled American Express Celebrates the Rewarding Life of Earvin Johnson from the famed LA Shrine Auditorium. This special is a tribute and celebration of the rewarding life that former Los Angeles Lakers guard Magic Johnson from his greatest battles with Larry Bird both in their college days and their days in the NBA to some of Magic's proudest moments.

Topping off this educational Saturday will be a plethora of musical guest: Jessica Simpson, Big Boi from Outkast, Earth, Wind and Fire along with special guest Charles Barkley, Andy Garcia, Earl "The Pearl" Monroe and a dozen other NBA Players and Hollywood stars will appear to pay tribute to Magic as well.

WESTERN
CONFERENCE
STARTING 5

F **Kevin Garnett**
Wolves
F **Tim Duncan**
Spurs
C **Yao Ming**
Rockets
G **Steve Francis**
Rockets
G **Kobe Bryant**
Lakers

RESERVES
G **Ray Allen**
Sonics
G **Sam Cassell**
Wolves
F **Andrei Kirilenko**
Jazz
C **Brad Miller**
Kings
F **Dirk Nowitzki**
Mavericks
C **Shaquille O'Neal**
Lakers
F **Peja Stojakovic**
Kings

SPORTS

PLAY HARD AND GROW: Life to the ThirdPower

By Bernard Murray
Sports Editor

The sweat was dripping and her legs were burning. Gia Ferguson knows she can't stop peddling, not now. No one in the class has stopped, so why should she.

"Everyone was going off adrenaline," explained Ferguson, a psychology major from Miami. "I was in pain and they were in pain."

This wasn't preparation for the Tour de France, but those hills and sprints felt like the real thing. This is no ordinary spin class, better yet this is no ordinary gym. It's ThirdPower Fitness located on 18th Street in Adams Morgan.

ThirdPower opened on November 1, 2001, however, Steel's visions began even before his days at the Howard University School of Law.

Born in Freehold, New Jersey, Edward Rush, Chuma (Steel in Swahili), Steel has been a certified fitness professional for more than 12 years.

"It's a philosophy for me," explained Steel. "The world is nothing to me unless I work out."

His dedication and discipline comes from his time in the US Army where he was a powerlifter and boxer.

Steel graduated from Long Island University and worked as a Tenant and Community organizer in New York, but confessed, that he needed to be in a position to make more money.

His decision to enroll in the Howard University's Law School wasn't purely monetary. In addition to better understanding the intricacies of this entrepreneurship game Steel "couldn't understand why black people didn't control their reality."

Graduating in May of 2001, Steel began taking control of his reality six months later when it was do or die: either get in the business of get a real job.

The latter wasn't an option.

Nick Kamau, a third year law student from Denver, has been member since ThirdPower was Muscle Beach DC.

"Muscle Beach was an old gym with old weights," Kamau said. "The atmosphere was sweaty and there were a bunch of meat heads."

Even before his purchase of Muscle Beach, Steel was aware of the conditions.

"The gym was extraordinary dreadful," Steel noted. "They were there before Washington Sports Club and Results, but there was no niche."

Kamau's concern was finding a new gym, but was surprised when he heard Steel buying Muscle Beach.

"It was a grimy gym and he completely changed it up," Kamau described. "He put down new flooring, a couch and knocked out the office and put a desk so you could see the owners. The atmosphere has changed. They painted over the white walls and put up art work."



That was three years ago.

The words "Play Hard" on the outside of the building are evident from the moment you step through the doors. Beautiful afrocen-

tric pictures hang on vibrant golden walls. But it's the boxing ring and punching bags that are the center of attention.

"It's small and peaceful," Ferguson said. "The music is low and energetic, it's defiantly not Bally's."

Ferguson explained that at ThirdPower people don't come in looking fit and there's no image you have to uphold. No one is trying to judge you.

That's the appeal ThirdPower has for students like

Ferguson and Kamau.

They both agree that if Cheers was a gym, it would be ThirdPower.

"Everyone knows your name. It makes me feel like a part of a family," Ferguson said.

"Community is important," said Kamau. "You have relationships with people. There's a family atmosphere."

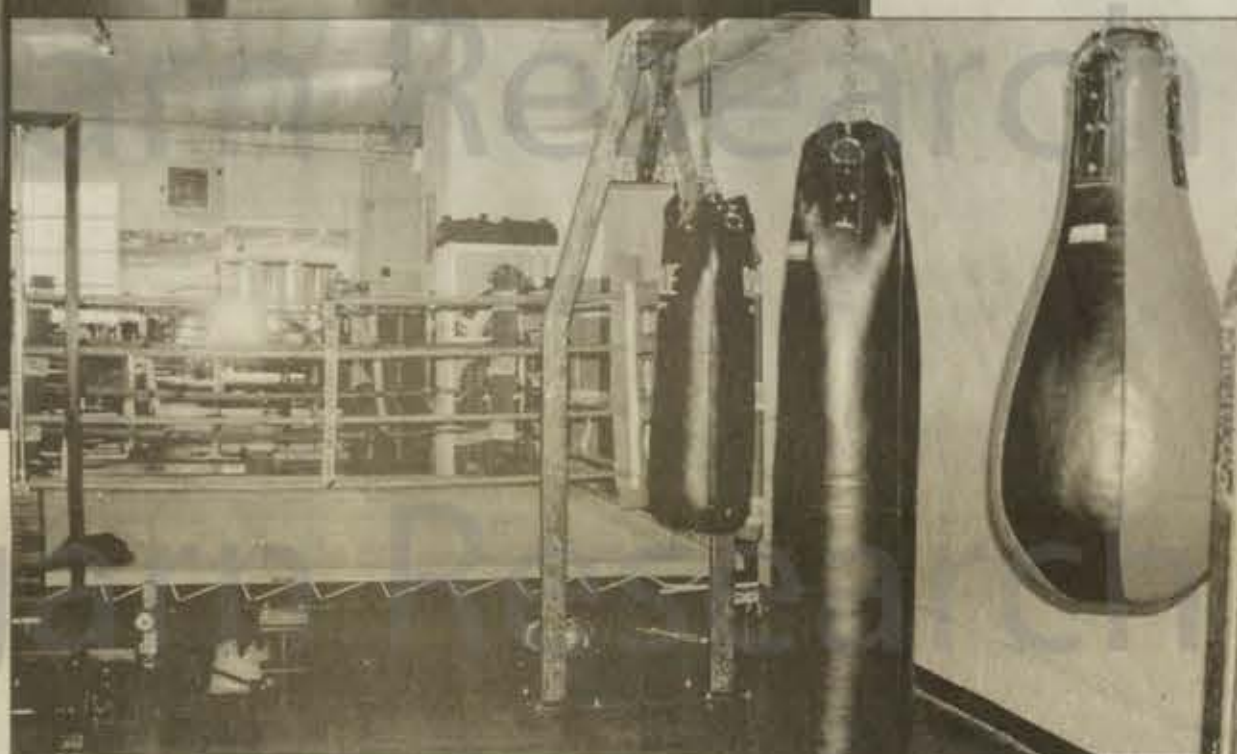
The routine of working out disinterests most people, but if the environment is supportive and encouraging, people will want to work out.

"It's a cultural atmosphere," Steel described. "There a commitment to appeal to African cultures folks. There's enough variety between yoga, pilates and spinning that you can get to a place where you want to grow. You can lose yourself in the moment."

As if yoga, pilates and spinning wasn't enough, ThirdPower has intense martial arts classes ranging from Capoeira and Brazilian Jiu-Jitsu to boxing and HALOH. ThirdPower has martial arts for those looking for self-defense, self-discipline or a way to releasing aggression. There is something for everybody.

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PHOTOS BY MAYA GILLIAM

Trotter Scores Game Winner in Victory Over Howard

By Ed Hill Jr.
Special to The Hilltop

Thomas "Tee" Trotter scored a game-high 26 points, including the game-winning basket with 4 seconds remaining to lift Maryland Eastern Shore to a 56-55 win over Howard University in a Mid-Eastern Athletic Conference men's game at Burr Gymnasium.

After Mac Wilkinson (10 points, 8 rebounds) scored on a tip-in with 15 seconds remaining to give Howard (5-15 overall, 3-8 in the MEAC) a 55-54 lead, Trotter brought the right side of the court, made a crossover to the middle of the lane and flipped the ball over the outstretched hands of two Bison players. Louis Ford took the inbound pass and pushed the ball up the floor, but failed to get off a shot before the buzzer sounded.

"I started to call a time-out after they (Howard) scored," explained UMES Head Coach Thomas Trotter, father of Tee.

"But the play was going to be designed to go to Tee anyway, so I decided to just let it flow. We have confidence he can make those plays."

The Bison led 30-26 at intermission and opened their biggest lead of the game at 35-28 before the Hawks (5-15 overall, 4-8 in the MEAC) put together a run to take a 55-48 advantage.

But Seye Aluko (18 points, 6 rebounds) scored 8 of the Bison's 10 points before Wilkinson's basket gave Howard the brief lead.

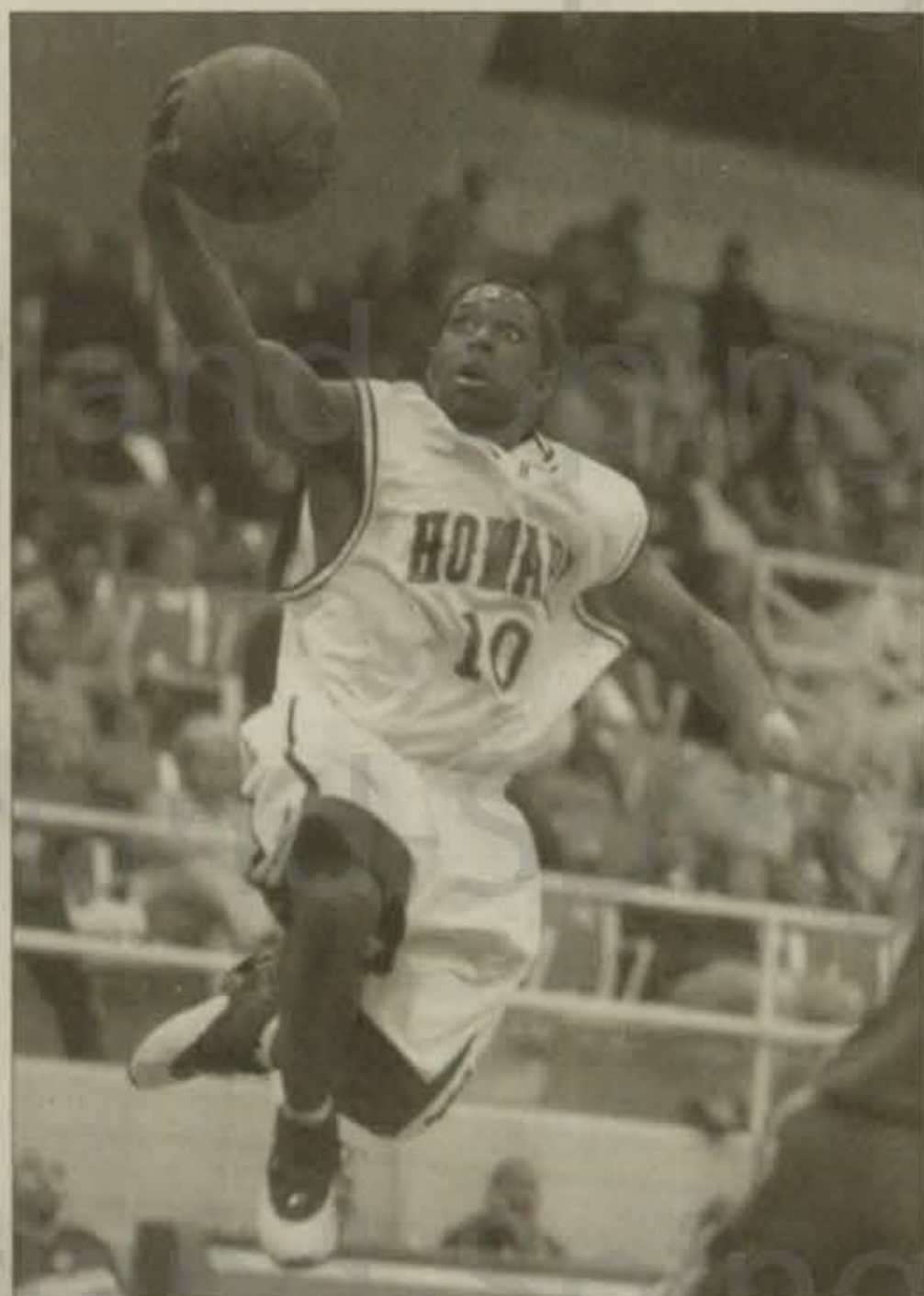


PHOTO COURTESY OF ALL-PRO PHOTOGRAPHY
Louis Ford (10) dealt out a career-high 11 assists during the Bison's home loss to UMES on Monday.

The loss overshadowed the performance of Ford, who recorded a career-best 11 assists. The Bison were again plagued by missed layups.

"We work on execution and stress finishing in practice, but somehow we don't seem to be able to get over the hump in these close games," lamented Howard Coach Frankie Allen. Howard has lost five conference games by five points or less.

Jones Leads Howard To Win

By Ed Hill Jr.
Special to The Hilltop

Andrea Jones recorded the first double-double of her career with 16 points and 16 rebounds to lead four players in double figures as Howard University powered its way to an 88-74 win over Maryland Eastern Shore in a Mid-Eastern Athletic Conference women's game at Burr Gymnasium.

Jones, a 6-3 junior, made 5 of her 6 shots from the field and helped the taller Lady Bison front line of 6-2 Shaun Ruglass (10 points, 3 rebounds), 6-5 Tracie Suggs (7 points, 6 rebounds) and 6-2 Sherice Gamble (6 points) dominate the smaller Lady Hawks, 62-37 on the boards.

The Howard backcourt of junior Daisha Hicks (14 points, 7 rebounds, 3 assists) and freshman Christina Aden (13 points) provided perimeter play to

balance the Howard attack.

"This is by far the best that our frontcourt people have played all year," said Howard Coach Cathy Parson. "We have been looking for that kind of game from AJ (Jones) all year. If she and the rest of post people can contribute like they did tonight, it could mean some good things for us the rest of the regular season and the tournament." The points and rebound total were career bests for Jones.

The Lady Bison (7-13 overall, 7-4 in the MEAC) took a 44-28 lead at the half and were never really seriously challenged in the second half.

UMES (6-14 overall, 2-10 in the MEAC) was paced by their backcourt of Laconia Hatcher (18 points, 5 rebounds) and Latoya Green (14 points), but it took 34 shots between them to account for their production.



PHOTO COURTESY OF ALL-PRO PHOTOGRAPHY
Andrea Jones (22) had the best game of her career with 16 points and 16 rebounds during Howard's win over UMES on Monday.

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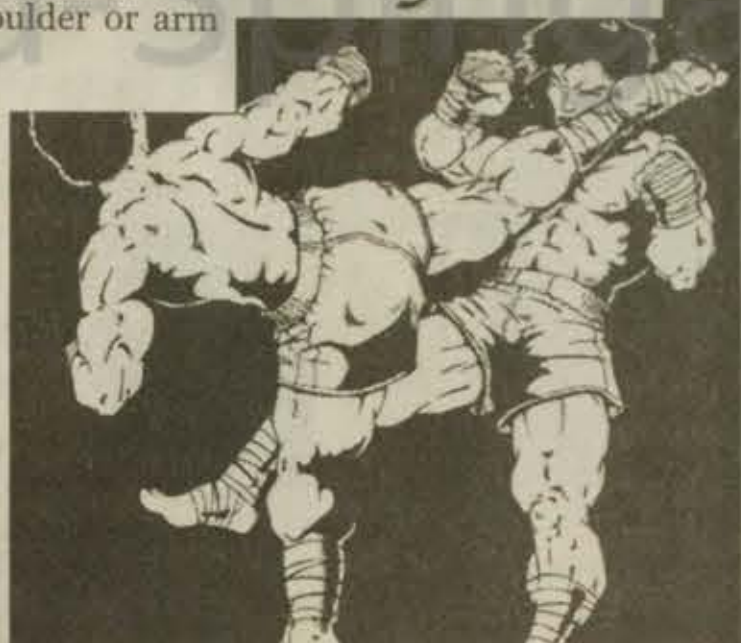
SPORTS

Four Styles, Four Disciplines...Four Stories

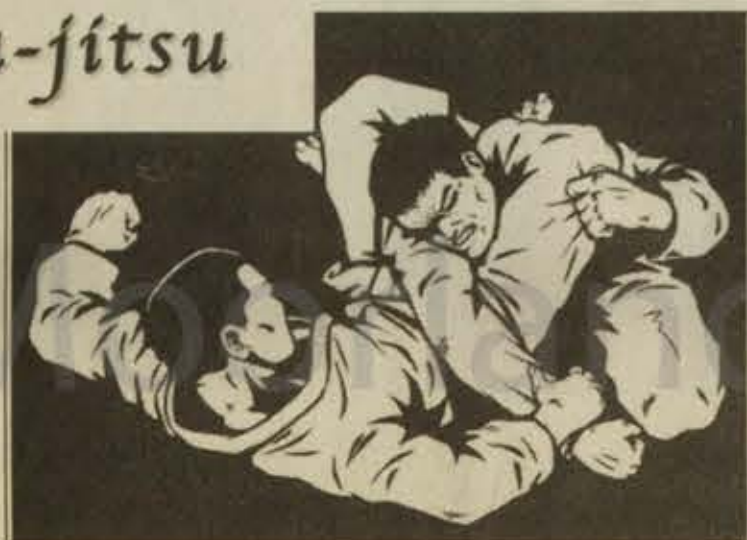
In Thailand, Muay Thai is the national sport and is practiced by hundreds of thousands. It has spread over the entire world and is enjoying incredible success. In 1969, Ajarn (master) "Chai" Sirisute brought the art of Muay Thai to the United States. He has also founded the Thai Boxing Association of the United States and is the oldest Muay Thai organization in America.

Prior to WWII, there was also no padding or protection. Fighters wrapped their hands in either strips of horse-hide or hemp rope to protect their hands and cause their opponent maximum damage. Fighters would wrap their ankles with cotton wrap and either wear coconut shells or triangular pillows for groin protection. Following WWII, Muay Thai was implementing gloves and groin protection to help protect the fighters from the brutal and often deadly sport. A Thai fighter is allowed to use the "8 deadly limbs" of Muay Thai: the feet, knees, fists and elbows. He may attack nearly any target as long as the opponent is standing except for the groin. He may catch the opponents kick to immediately knock him off of his feet. He may also throw the opponent using limited throwing using twisting or pulling type throws and sweeps. He cannot throw with hip, shoulder or arm throws.

muay thai



brazilian
jiu-jitsu



Jiu-jitsu (Japanese for "art of gentleness") is a method of unarmed combat that employs holds, chokes, throws, trips, joint-locks, and some kicks and strikes. It is believed that the first methods resembling the modern techniques emerged in the late 15th century and early 16th century and were part of the combat arsenal of Japanese samurai warriors. Mitsuo Maeda, a student of Jigoro Kano (the creator of Judo aka Kano-ryu jiu-jitsu), emigrated to Brazil in 1914 and was helped by Brazilian politician Gastão Gracie. To show his gratitude, Maeda taught his son Carlos Gracie jiu-jitsu who in turn taught his brothers Osvaldo, Gastão Jr., Jorge, and Helio. In 1925, Carlos and his brothers opened their first jiu-jitsu academy, and Gracie Jiu-Jitsu was born in Brazil.

Brazilian Jiu-Jitsu is primarily a ground-fighting art. Most techniques involve both fighters on the mat. There is a heavy emphasis on positional strategy, which is about which fighter is on top, and where each person's legs are. Positions are stable situations, from which a large variety of techniques are available to both fighters. Students initially learn jiu-jitsu techniques one at a time and do not combine movements, the essence of jiu-jitsu is the ability to flow quickly from one technique to another to control an attacker.

Capoeira is a Brazilian martial art that is roughly 500 years old. Developed in Brazil by African slaves, it is the only surviving Martial Art native to the New World. It's aesthetics are unique to itself, although draw on it's rich African heritage.

Capoeira is more than just another martial art, it is an art of expression, play and personal interaction developed in the oppressive atmosphere and environment of slavery. In Portuguese, Capoeira is referred to as a jogo, or a game.

Capoeira is characterized by deceptive kicks, sweeps, trip-em-ups, head butts, elbows and knees. Two players enter a circle (roda) of onlookers and participants. At the head of the roda are musicians, fellow Capoeira players, who play instruments specific to the art.

There is the berimbau, an primitive bowed instrument, played by a Mestre, or master of the art, whose tempo dictates to the players what game they will play in the roda. The berimbau is accompanied by the atabaque, a floor drum, and a pandeiro, a Brazilian tambourine. The Mestre also leads the onlookers and fellow players in songs that reflect the type of games being played within the roda. Fast tempos dictate games where the players throw fast, powerful kicks and blows at each other, along with movements reminiscent of the most acrobatic gymnastics. Slower tempos dictate more dance like interaction, and more deception between the two players. Lyrics to songs reflect the action.

If one player is obviously losing his cool, the Mestre might sing a traditional song about a bawling child who is crying. The lyrics serve to remind the upset player that he is losing his cool, and hence emotional balance, a key to good Capoeira play.

On it's deepest level, Capoeira transcends martial arts, music and ritual and is a philosophical framework for approaching and interacting with the others and the world at large. It is a deep and holistic art form that pushes the practitioner to the proverbial limits - physically, mentally, emotionally and spiritually.

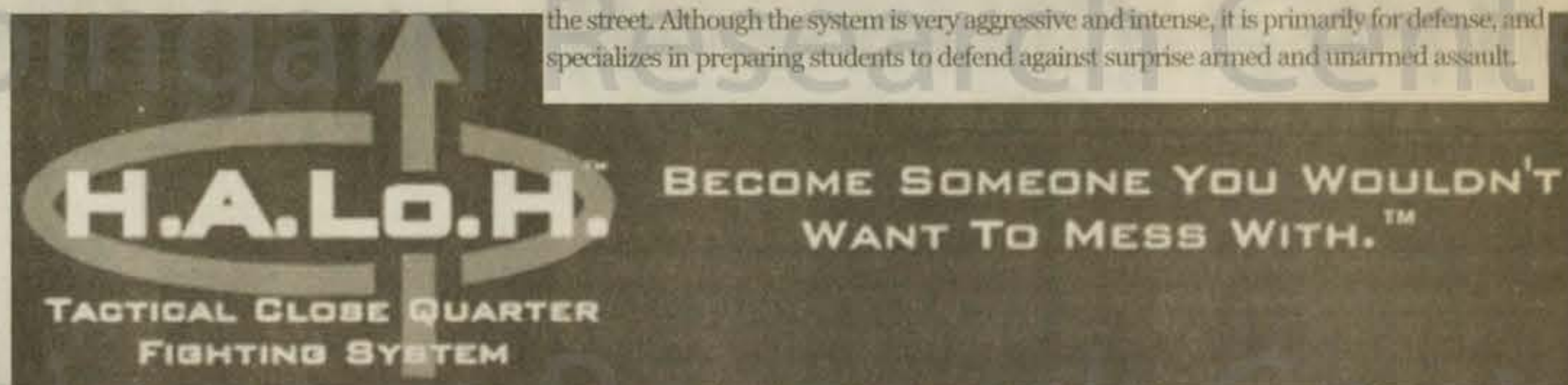
capoeira



HALoH (pronounced "halo") is an acronym for the Hebrew "Haganah Atzmit Lo Hamosh," literally, "self-defense without weapons." It is a highly aggressive self-defense and fighting system that includes techniques and strategy used by the Israeli Defense Forces, Russian National Military, Japanese Defense and Police Forces, United States Marine Corps and major metropolitan SWAT and D-TAC Teams.

HALoH takes the most effective and devastating techniques used by these elite military and tactical units and hybridizes them into a single, straightforward, easy to learn system with only one rule: do whatever it takes to go home alive.

To make sure that every student is prepared for any kind of situation, the system is comprised of techniques that are easily applied by men and women of all sizes and experience levels. Training focuses on combatives like elbow and knee strikes, punches, kicks and head butts, but also teaches students to transition to close quarter finishing techniques such as throws, joint locks and breaks, and air and blood chokes. HALoH prepares students for all situations and includes a significant amount of ground fighting to supplement the system's stand-up techniques. Instructors also teach and encourage the use of pressure points and anatomical weaknesses that help to make students maximally effective in all situations and against all intensities of threats, from harassment in a bar to a life threatening encounter on the street. Although the system is very aggressive and intense, it is primarily for defense, and specializes in preparing students to defend against surprise armed and unarmed assault.



Compiled by Bernard Murray

Oliver and Bison on All Cylinders

By Zachary Kenworthy
Hilltop Staff Writer

"I am tired as hell".

Those were the words uttered by David Oliver, the young man who has to be in serious consideration to represent his country in next summer's Olympic Games.

Oliver broke his previous 60-meter hurdle record (7.96) with a 7.88 performance as the MEAC cruised at the second annual Black Colleges Indoor Track Classic.

In all, eight teams from the MEAC participated at the event on Saturday and Sunday at Prince George's Sport and Learning Complex in Landover, Md. For their solid effort, the MEAC came out on top and for his effort, Oliver was left weary.

"We left for New York on Thursday at 4:30 PM. I ran Friday evening. We left Saturday at 6:30 AM. I got into DC at 11:30 AM and ran at 2:00PM. Three days of running," Oliver explained.

The trek was a tough one that saw the young man make his way from DC's Howard University to Madison Square Garden for the Millrose Games and back to PG County for the Classic in the same weekend.

At the same time, Lance Gross added his name to the win column. Gross's effort of 7.42 meters in the long jump was enough to grab the victory for both the Bison and the MEAC. North Carolina A&T's Brandon Via finished third with a 7.19m effort, handing the MEAC two of the top three spots in the event.

Hampton's distance medley team set a new meet record of 10:21.63 and Pirates also swept the top three spots in the 5,000 meter run with Moses Kosgei, James Picard and Brandon King claiming gold, silver and bronze.

However, it is Howard's Oliver and a surging confidence that has the Bison geared up. An also confident Gross admitted, "At conference we are going to surprise a lot of people."

For Oliver, his long weekend was not without due reward.

"I got to see the stars like Marion Jones and Allen Johnson," he said, "I was signing autographs and taking pictures." However, he ensured that it would not affect him in his progression to the top. Although Oliver is an All-American hurdler, an NCAA Indoor Championships qualifier and a provisional



PHOTOS BY MARK COLEMAN

David Oliver (above) and Lance Gross (right) were the top Bison finishers in the 60 meter hurdles and long jump.

qualifier for the Olympic Trials, he would not allow the attention to sway his focus, "I didn't let it go to my head; I am just me, nothing is going to change me."

In lowering his record, Oliver has staked a serious claim at the opportunity to advance for the provisional Olympic squad. The Olympic team is something that Oliver has previously reiterating as

one of his goals, but now the opportunity may be pounding at the door.

In the mean time, he admitted that it was difficult to get excited about the Classic after his experiences at Madison Square Garden. The drive that forced the issue this weekend, "I had to defend my title. I wanted to lower that record." With NCAA Nationals slowly rolling over the



horizon, Oliver has a full schedule of weariness ahead, as the Bison stampede continues. The team is prepared for one more stop, the Bison of Bucknell University, before their destination of the MEAC Championships February 20-21.

LIFE & STYLE

Non-Traditional Valentine's Day Gifts

By Eboni Pearson
Contributing Writer

With the Valentine's Day countdown quickly approaching zero, many lovers are still on a frantic search for the perfect gift. With roses, boxes of chocolates, and teddy bears that say, "I love you" being the traditional gifts, the question plaguing many is how does one go against the norm and still send a love-filled message?

"The gift should be thoughtful rather than just the usual expensive thing," says sophomore economics major Jason Dixon. For example, if your valentine lives the busy, stressed college life, try giving the gift of relaxation. Local stores like Wal-Mart, Target, and Bath and Body Works all sell gift baskets full of aromatherapy bath essentials including: bath salts, body wash, lotions, bath fizzes, and much more. These baskets range in price from \$10 to \$50 depending on the place of purchase.

"It's better to get a cheap gift that actually means something for the two of you that shows you put some thought behind to show that you actually care about the person," Dixon said. A unique idea is a memory box filled with things that only the giver and the recipient would understand. The box can be filled with pictures, candy, ticket stubs, anything. Gift boxes can be made from anything from shoeboxes to miniature wooden chests. Target and Wal-Mart sell oak boxes



The Good...

with picture frame lids that can serve as memory boxes.

Gifts of nice writing utensils, papers and journals are a few creative presents for writers. These items can be bought at places like Utrecht in downtown D.C., Office Max, and other office and art supply stores.

For athletes and sports fans gifts of fan gear like shorts, sweats, and jerseys can be purchased at stores like Total Sports and Sports Zone right on Georgia Avenue. Tickets to local games can also serve as gifts. Tickets can be purchased at MCI CENTER.com.

"The perfect gift for me

would be a basket of my favorite candies, and a nice evening in," says Oby Ogbuawa a junior Physical Therapy major. Expensive gifts are not always the best gifts. "I just would want it to be something he thought of that I would like a lot. He doesn't need to spend all of his money on me or anything," finished Ogbuawa.

If flowers and chocolates is the path taken, be creative. Instead of roses try a bouquet of wild or exotic flowers. Erica Jackson, a physical therapy major likes flowers like daisies and sunflowers, not roses. They're just overdone. Flowers can be ordered for delivery online at 1-800-flowers.com or from local area florists. Chocolate like oversized Kisses and Hershey bars are ideal chocolate gifts.

"I don't need much. Dinner and a nice romantic movie would make me happy too," said Jackson. Take a peek at movie-fone.com and see what romantic movies are releasing for the weekend.

Sometimes the gift that means the most can't be purchased.

"I can buy anything I really want," says civil engineering major Julius Gamble. "I mean, I'm not materialistic, but someone's time? That's truly priceless." Try spending a nice night in cuddling and watching television if time is rare in the relationship. Gamble continued, "It doesn't take much to please me. I just want the whole day with my girl."

... and the Bad



The Single Girl's Guide to Valentine's Day

By Sueanne Tannis
Contributing Writer

When the rose parade and chocolate fest across campus gets under way tomorrow, there will be no escape from the reality of singleness for Howard University female students without someone to call their own.

Although there are some who will torture themselves by wallowing in self-pity and whipping out their never-should-have-let-you-go music collection, there are others who actually prefer to enjoy the day.

Rica Charles, a single sophomore in the College of Arts and Sciences, will not be singing a sad song. "I don't see why single people should get upset," she says, while adding that she plans to celebrate Valentine's Day by having a blast at the Caribbean Student Association's party.

Jemila Joseph, a sophomore biology and classics major, asserts that she is not prepared to spend the day down in the dumps either. "I will be my own valentine, and go out with my other single girlfriends."

Like Joseph and Charles suggest, there are options which single girls can select to get

through the holiday with their emotions intact.

Danette Morrison, a psychology major, thinks the mall is a great place to begin on V-Day. "Single people should go out and buy stuff instead of staying at home. It's a day to show love, so you should just show love to yourself."

parties—for example, a red menu night with strawberries, cherry cheesecake, red velvet cake, and a serving of red wine—are a great idea. The celebration would hardly be complete without a stack of chick-flicks on DVD or VHS to entertain.

A more altruistic alternative may still be in order for some people.

Setting aside the day to make others feel loved is definitely a noble choice. After volunteering with a community organization at a homeless shelter or tutoring center, there will be no doubts about feeling fulfilled when the day closes.

Surprising your family with a weekend visit is another way to share love on V-Day. They will more than likely be refreshed by your presence and at the same time, be reminded about how much you value them.

It's clear that Valentine's Day for Howard's bachelorettes doesn't need to take on the depressive, gloomy form that others suggest. Whether you take a shopping trip, help a stranger, or chill with your girls, there's still a share of happiness in it for you—even without Cupid, the rose parade, and the chocolate fest.



True Confessions of a Love Hater



By Danielle Scruggs
Campus Editor

8 AM: I wake up, the possibilities of a new day before me—until I glance at my calendar and realize what day this is. The dreaded V-Day. I groan and throw the covers over my head. Then the phone rings. The cynic in me stays up for a second as I dash to pick it up. Maybe it's that guy I've been admiring from afar for the past few weeks, or that guy I gave my number to at the club two weeks ago or maybe—"Hello, my darling

child!!"—It's my mom.

11 AM: I'm anxious to get out of class. I look around at all the couples, who are a dead giveaway with their gift exchanging, high-pitched baby talk and other nausea-inducing activities. Too bad class won't even start for another ten minutes. I raise my hand and ask my professor to restore order for my peace of mind. I'm met with an icy glare and snickers from my classmates.

2 PM: My friends delight in telling me all of their V-Day plans for the night. "My man's taking me to the Cheesecake Factory," gushes one. "My man's taking me to an art gallery opening. How about you?" How about me? I wonder. "I'm going to study for the political science test we have coming up Tuesday." I receive looks of sympathy but hey, the prospect of flunking a class is enough excitement for me for one day.

4 PM: As I make my way to the romantic Punch-Out restaurant for a quick bite to eat, I pass by a table that reflects a time-honored tradition at Howard: some campus organization

with a sign advertising, "Free condoms." Dozens of students mill around the table, so I decide to take a look. I push past the sea of bad



dinner. weaves, backwards baseball caps, throwback jerseys, and Che Guevara shirts and snatch a Ziploc bag full of goodies. It contains Hershey's kisses, KY Jelly and a strip of LifeStyles. I don't know why I took it at all. It's not like I'll need any of this stuff. Except for the chocolate. That wa-

dinner.

6 PM: Now I'm back in my dorm room, listening to classic V-Day hits like "S***, Damn, M*****F*****" "Caught Out There," and "So Wrong," when the phone rings again. It's probably mom again. I sigh and pick up the phone. "Hello?" A deep voice rumbles in my ear. It's my crush! The optimism in me makes my heart soar. Perhaps V-Day isn't so bad after all. Perhaps I'm just too pessimistic. I was wondering if you had a cell number, I wanted to call you and ask her out but I lost it. Perhaps I'm just too darn smart for my own good.

9 PM: Just a few more hours until this day is done. Right now, all I can hear is everyone's favorite "Slow Jamz," and the smell of chocolate mixed with flowers is almost nauseating. I have no idea what to do with myself. I decide then and there that this is no way to live.

11 PM: I head out and decide I can enjoy D.C. nightlife without a companion. That is, until I actually head out into D.C. nightlife. Everywhere I go, all I see are signs declaring: "Couples Free!" "Couples

Night!" "Valentine's Day Smash!" "V-Day Blowout!" But hey, what did I expect?

12 AM: Hallelujah! V-Day is officially over! Now I can put away my animosity toward Cupid, couples, and cards from Hallmark. Well, Hallmark remains on my **** list. Writing that bad shouldn't be tolerated no matter what time of year it is.

Anyway, I'm content to go to sleep and start a new day without "love" to ruin my day. As I drift off to the sounds of Twista's melodious voice, courtesy of my floormates, I commend myself for surviving yet another V-Day.



All cartoons drawn by Cory Thomas

LIFE & STYLE

What's Love Got to do With it?

By Chad Bishop
Contributing Writer

What started as homage to a man has become a tribute to women. Before Valentine's Day became what we know it as today, it was a tribute to a Catholic Bishop in 5th century Rome named St. Valentine.

Today Valentine's Day is a day that we pay tribute to the women in our lives. Mother's, sister's, aunts, and of course significant others. The day is littered with multiple feminine attributes such as lace, velvet, and pink and red hearts. Many men could do without the day but there is no chance that that could happen with all the reminders we get from our female counterparts for the weeks preceding the "special day". They expect chocolates, roses, fuzzy bears, and all your attention but where are the masculine pieces. Have you ever seen Valentine's Day fishing poles, footballs or basketballs? "I treat it like any other holiday," said senior radio-television-film major Lance Gross. "It's an expectation ... but I don't mind it." Hallmark, American Greeting's, and Whitman's are banking on the notion that many feel the same way; that February 14th will be filled with the pampering of your significant other with the novelties that are promoted by the commercial hype.

What about Feb. 15? Will the love spill over? How long will the roses live? Is it really worth one day of feeling special and being pampered or would it be nice to be treated that way every day? A lot of money goes into Valentine's Day for it to be so short lived. Byron Ezell, a professor at Howard University said it like this, "it's a poor example for something that should be done every day."

Some consider Valentines Day depressing because although they are constantly reminded of the day, not everyone has someone to share it with. Freshman political science major Ambrose Sayles said, "Valentine's Day is a day that is pleasant for those who have someone to share it with and unpleasant for those who don't."

Yet there is still another group that feels indifferent about the holiday. To them, it is just another day to some that think that it is really overrated and a waste of money and effort. It's sometimes said that men are not romantic and that we just like to sit around and watch sports. Well, for many that's true and for that reason Feb. 14 is a day he would rather forget. "To be honest Valentine's Day doesn't mean anything to me, it's just another day," communications student Chris Wall said.

Whatever the case may be it seems that Valentine's Day is a woman's day. It is a day that men participate in because they know that if they don't, they may regret it for weeks to come. Many men are so consumed by their special someone's reminding them of the day that they forget they don't like it.

It's a day of temporary love and affection and, if your lucky, intimacy. It's a day that few men look forward to but so many women expect. By the way, where are all of those Valentine's Day cards from years past? (Hint: in the trash?)

The Restaurant Dilemma: SOLVED!!!



PHOTO COURTESY OF WWW.THETROPICALREEF.COM

By Allison Brock
Contributing Writer

The sound of laughter will hit you first. If you don't mind waiting in a long line, then the jovial atmosphere and friendly staff, in addition to the tasty American cuisine will surely liven any Friday or Saturday night date. With prices ranging from five to fifteen dollars (with a few outlying exceptions), Uno's provides everything from pizza to pasta, shrimp to steak, salads and sandwiches. For first daters, the atmosphere is light and casual. The excitement of people laughing and joking at all surrounding tables prevents too many awkward moments, but does allow for a certain intimacy in the midst of surrounding conversations. The waiting team is friendly enough, but don't expect for your glass to be full at all times. In other words, no over-tipping will be necessary simply because the staff isn't overly-attentive. With such a large establishment, (three floors to be exact) it may be difficult for your waiter or waitress to tend to your party as often as



PHOTO COURTESY OF WWW.BLACKSTOCKPHOTOS.COM

necessary. However, for a light-hearted meal (filling, but light-hearted nonetheless), Uno's of Georgetown is the place! (Located at 3211 M Street N.W.)

For fortune-cookie lovers that would prefer to remain nameless, Harmony Café is the perfect spot for excellent Asian Cuisine and few familiar faces. Though located at 3287 7th Street N.W., in the heart of Georgetown, this restaurant is difficult to find. Only a small sign even indicates that the restaurant exists, after which you proceed through a small foyer, descend down some stairs to reach a classic Asian scene. The tables adorned with white tablecloths, beautiful china, spotless silverware, and sturdy, tall-backed chairs suggest an Asian Emperor might step through the door at any moment. With no prices exceeding ten dollars, this dining place is an excellent location for a classy atmosphere, tasty food and few interruptions. However, for first daters, this restaurant is a bit on the empty side for a Saturday night. So long as you enjoy the company of your partner, and don't mind a few vacant tables surrounding you, this restaurant is a winner.

For the more mature, possibly avant-garde audience, Cilantro's is an incredible combination of great food and wonderful service, creating potential for an unforgettable date. Dark oranges and purples color the walls and light-fixtures in this Spanish-flavored dining spot. Entrée prices ranging from \$6.95 to \$13.95, should not be entirely discouraging, seeing as how many entrees can be shared, thereby adding to the already romantic atmosphere. Upon entering, expect a warm greeting from the host or hostess, where you can be seated by the window, or led past the dimly lit bar to a larger dining area. The soft Mediterranean background music coupled with the warm colors of the walls and floor will

have you smiling in no time, particularly with that special someone sitting directly across from you. With an average entrée price of \$8.95 and a primarily older patronage, expect to spend little of your money and see few of your peers in this charming Spanish space. (M Street, Georgetown)

In all the commotion that's likely to be found while shuffling through Adam's Morgan, there's no better place to settle in for a nice meal than The Diner. This twenty-four hour kitchen is a safe-haven for night owls and early birds alike. After a late play or movie, many restaurants will have closed for the night, but The Diner will always come to the rescue with entrees of burgers, sandwiches, pancakes and omelets available at all times. Sharing the infamous brownie sundae at the end of the meal is a must (request it early because they've been known to run out). Be sure that your date is someone with whom you're pretty comfortable because you're bound to see at least one other Howard student in passing and possibly at the table next to you. However, this atmosphere is a fusion of the best of both worlds. The dimly-lit narrow room is always packed on weekends, causing quite a commotion at times, yet allowing for couples play footsy and converse over a candle-lit dinner (with tea candles, but candles nonetheless). On nice evenings the staff opens the windows providing a nice breeze throughout the establishment. On cold nights, hot chocolate and warm pies a la mode are the perfect treat for first daters, long-termers, and all other relationships in between.

For the upbeat, fun-loving crowd, Paradiso Pizzeria is a homestyle pizza place that treats everyone like family. The kitchen-style restaurant greets all patrons with a long list of delectable pizza choices. Be prepared to review the menu quite a few times, because the



PHOTO COURTESY OF WWW.EUREKASPRINGSUSA.COM

long line for seating will have you waiting for awhile. With locations in Georgetown and Dupont Circle, both establishments are quite popular on Saturday night, requiring at least a thirty-minute wait for walk-ins. With pizzas for veggie-lovers and meat-lovers, as well as sandwiches and salads, this classic Italian cuisine and light-hearted atmosphere create a fun and entertaining date. The pizzas are large enough to be shared by two (8-inch and 12-inch pizzas are available) and range from \$7.95 for the smallest 8-inch pizza to \$16.25 for the largest 12-inch pizza. Salads and sandwiches do not exceed \$6.95. The delicious smells will waft through the open door and greet you in the street, inviting you to enter. Upon entrance the great prices and delicious food will surely keep you there. The ever-busy staff will probably not be able to attend to you as often as necessary, but that only offers more time for you to spend alone with your special someone.



PHOTO COURTESY OF WWW.DELECTABLES.COM

THAPSE: QUIRKY WAYS TO SPEND YOUR WEEKEND

FOR COUPLES:

Friday, February 13, 2004

Event: Dining at the Tabard Inn
Place: The Tabard Inn Restaurant @ 1739 "N" St, NW 2/ 833-2668
Time: 12pm-11pm
Price: \$20 and up
Description: Fine dining at it's best for you and your sweetheart.

TOP PICK

Saturday, February 14, 2004

Event: A Valentine's Day Celebration Feat. Al Green, Stephanie Mills
Place: DAR Constitution Hall @ 1776 "D" St, NW 2/ 628-4780
Time: 8 pm
Price: \$65.50
Description: Come enjoy a night of soul with legendary soul man Al Green

Sunday, February 15, 2004

Event: Ice Skating @ The Sculpture Garden
Place: The Sculpture Garden @ 7th and Constitution Ave 2/ 289-3360
Time: 11am-9pm
Price: \$5 for students, plus a \$2.50 skate rental
Description: Enjoy scenic skating at it's best.

FOR SINGLES:

Friday, February 13, 2004

Event: Single in the City
Place: Marriott Wardman Park Hotel @ 2660 Woodley Park, NW 2/ 328-2000
Time: 6pm - until
Price: \$25
Description: All the singles in the city mix and mingle in a lively atmosphere.

TOP PICK

Saturday, February 14, 2004

Event: MSO Entertainment and The Alliance Present: Crush - A Valentines Affair
Place: The Island Café @ 829 Upshur St, NW
Time: 10pm - 4am
Price: \$10 (Discount for the ladies) (18 and up)
Description: Come out and club with all of the sexy singles

Sunday, February 15, 2004

Event: Sex and the City
Place: Felix Lounge @ 2406 18th St, NW 2/ 483-3549
Time: 8pm - 10pm
Price: \$20 (21 and up)
Description: Enjoy the last episodes of "Sex and the City" in style.

DON'T CARE???

Friday, February 13, 2004

Event: Amel Larrieux in Concert
Place: 1350 Okie St, NE 2/ 636-9030
Time: 9pm
Price: \$20 (21 and up)
Description: See the soulful Larrieux perform all of her hits.

Saturday, February 14, 2004

Event: The Cinema Show
Place: The Warner Theatre @ 1299 Pennsylvania Ave, NW 2/ 628-1818
Time: 5pm and 9pm
Price: \$26.50 and up
Description: Enjoy this stage play, complete with action and drama

TOP PICK

Sunday, February 15, 2004

Event: Girls Against Boys
Place: The DC Arts Center @ 2438 18th, NW 2/ 462-7833
Time: 2pm
Price: FREE!!!
Description: Check out this art exhibit that pits the talent of female artists against male artists.

By Jennifer L. Williams



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LIFE & STYLE

They Don't Make Music Like This Anymore...

By Danielle Scruggs
Campus Editor

Valentine's Day is right around the corner and everyone knows what that means: a day carved out especially for couples to make their loved ones feel... loved. A day filled with candles, aphrodisiac foods, roses and atmospheric music like "Ignition" or "Milkshake."

What?!

To set the mood right, perhaps it would behoove Generation Y couples to look further back than today's Billboard Top 100 for music that will really get their significant others "in a sentimental mood." Music that stirs the soul, sends chills up the spine and best conveys that omnipotent L-word. Here are five songs that embody that ideal.

"Here I Am" Al Green 1973, Call Me

This song is all about desire. Everything from Al Green's passionate voice that ranges from tenor to falsetto, to the bluesy horns and drums driven beat to the lush accompaniment from an organ and a complex string arrangement puts this song darn close to perfection. Suggestive lyrics such as "All this love inside me/I believe there's going to be an explosion" proves one can toe the line between sexuality and raunchiness without crossing it.

About the artist: Green is a living legend in the secular and religious realms. Born in Forrest City, Ark., Green has been performing ever since he was nine years old. He was a part of his father's gospel group The Green Brothers. Later, the family moved to Grand Rapids,

Mich. and Green formed The Creations, which later became known as The Soul Mates. The group spun a Top 40 hit before Green released his solo debut. He was a hit machine in the 70s until his ex-girlfriend assaulted him in 1974 before killing herself. He abandoned secular music, found God and became a preacher at Full Gospel Tabernacle Church in Memphis where he still preaches to this day. He made a full comeback in 1995 and has recently released I Can't Stop.

"Since I Had You" Marvin Gaye 1976, I Want You

I Want You is an album that intertwines sensuality, sexuality and love. The song that does it best is "Since I Had You," an ode to a long-lost lover. It starts off with Gaye reminiscing about his lover and begging the question "How much have you missed me since I had you?" Gaye then launches into his trademark falsetto, begging, pleading, moaning, imploring this mystery woman not to "make him wait/it's been so hard since I had you sugar." The song's heavy reliance on strings and horns combined with its upfront sexual lyrics and tone make it the perfect tune for lovers.

About the artist: The late great Marvin Gaye was born in Washington, D.C. in 1939. His father was a minister in the Apostolic Church. Religion proved to be a major influence on Gaye, who bounced between secular and religious music. He signed to Motown in 1961 and helped create the signature "Motown sound." He found



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Various songs from artists who were popular in the 60's, 70's, and 80's are making a comeback.

success recording duets with several female partners, most notably Tammi Terrell. After Terrell died of a brain tumor in 1970, Gaye went into seclusion for a year and came back with his most successful album: What's Going On. He recorded several hits afterwards, including "Let's Get It On," "Trouble Man" and "Sexual Healing." His life was cut tragically short in 1984 when his father shot him after the two had an argument over Gaye's heavy drug use. Gaye was a day shy of his 45th birthday.

"Could It Be I'm Falling in Love" The Spinners 1972, The Spinners

The strength of this song lies in lead singer Phillip Wynne's sincere, conversational style of singing. The song is unapologetically romantic. The Spinners was a group that wasn't afraid to let the world know that they wore their hearts on their sleeves. With poignant lyrics such as "And honey you'll always be the one for me/Meeting you was my destiny/You can be sure/I'll never let you down/When you need me/I'll



be around" and a heavy reliance on violins and percussion, this song is a must-have for Valentine's Day and any other day of the year.

About the artists: Although The Spinners became famous for their distinctive Philly sound in the 1970s, they are actually from Detroit. The original group—Bobbie Smith, Pervis Jackson, George W. Dixon, Billy Henderson and Henry Fambrough—met in high school in 1957 at Ferndale, a suburb of Detroit. They signed to Motown in 1961 and Edgar "Chico" Edwards replaced Dixon. Wynne also came to the group that year. Motown largely ignored The Spinners, who opted to defect to Atlantic Records in 1970. After the switch, the group's hard work finally paid off during the mid-70s with a string of hits including "Sadie," "Ghetto Child" and "Rubberband Man." The group faded into the background by the 1980s but is still considered one of the best R&B groups of all time.

"Acknowledgement" John Coltrane 1964, A Love Supreme

Sometimes words are not needed to convey deep powerful emotions. Sometimes a forlorn note from a tenor saxophone, the crash of a cymbal or the tweaking of a bass string can say more than lyrics ever could. Such is the case with jazz giant John Coltrane, who was great at saying so much with music alone. His masterpiece suite "A Love Supreme" is considered one of the best jazz albums of the 20th century and rightfully so. The first part of the suite, "Acknowledgement," is an improvisational group session. Pianist McCoy Tyner, bassist Jimmy Garrison and drummer Elvin Jones complement Coltrane's fervent, almost frenetic playing style by maintaining a laidback tempo. Every instrument blends together perfectly in this song to create a luxurious piece of music that showcases Coltrane's trademark zeal.

About the artist: John Coltrane was born in 1926 in North Carolina and moved to Philadelphia in 1943. He worked with several jazz legends including Dizzy Gillespie, Thelonious Monk and Miles Davis before striking out on his own in 1959 with Giant Steps. Coltrane was an ardent perfectionist who practiced almost obsessively. His willingness to go out on a limb and challenge himself set him apart from his peers and, in some cases, pushed them away. His later recordings turned off many fans, many of which deemed the recordings cacophonous at best. After recovering from an early stint of alcohol and heroin addiction, Coltrane became deeply spiritual. His newfound faith became the driving force of his music throughout his career.

Coltrane died of liver cancer at age 41 in 1967.

"I Loves You Porgy" Miles Davis 1958, Porgy and Bess

God knows how many people have produced their own renditions of the classic 1934 George Gershwin opera Porgy and Bess, a southern tale of love, death, crime and passion. But very few versions made the music their own like Davis did. He plays the trumpet with a tenderness and level of emotion not many other artists come close to. Accompanied by a spare bass, flutes and barely audible drums, "I Loves You Porgy" is the sonic equivalent of a loving stroke on the cheek. The song is simple and yet conveys so much emotion at the same time, mainly because of the soft, yet piercing sound of Davis' trumpet.

About the artist: Davis was born in Alton, Ill. in 1926. When he turned three, his family moved to East St. Louis, a city that nurtured Davis' musical inclinations. He joined a jazz band at the tender age of 15 and never looked back. After training with jazz legends Gillespie, Monk and Charlie "Bird" Parker during the mid-40s, Davis began recording on his own. His seminal work was the 1959 classic Kind of Blue, an ode to the blues. Davis, famous for his improvisational technique, developed into an accomplished bandleader, composer and painter throughout his 50-year career. Davis, like Coltrane, always pushed the envelope and looked for new ways to be innovative. By the 1970s, Davis began to experiment with rock and funk. He recorded up until his death in 1991 at age 65.

Movie Review From Big Mike

Against the Ropes Packs a Weak Punch

By Michael Ivey
Contributing Writer

Touting a prominent cast and the real-life story of a scrappy woman who made it big in the male dominated world of professional boxing Against The Ropes seems to have the ingredients for a quality film. But a premise that promises much delivers very little at showtime. Meg Ryan, Omar Epps and director Charles S. Dutton, though credited with many a great performance in the past, are unable to bring this story to life.

Against The Ropes is a film inspired by the story of Jackie Kallen, the most successful female manager in boxing history. From the start Kallen (Meg Ryan) wants to break out of her rut at a dead end job to pursue her true passion, boxing. Then her golden opportunity presents itself in the form of a street thug named Luther Shaw (Omar Epps), who is a participant in a brawl she witnesses. Kallen proceeds to use her gift to gab to convince Luther that he has the potential to be a great fighter with a lot of hard work, and of course her shrewd management. Luther has his doubts, but eventually agrees to let Kallen manage him. The two, along with trainer Felix

Reynolds (Charles S. Dutton), rise through the ranks, gaining acclaim and credibility for both. All seems to be going well until Kallen makes a comment at a post fight press conference implying that Luther is no more than a dumb tool and she deserves most of the credit for their success; an argument ensues and Luther fires Kallen.



The Verdict?

Soon after, Kallen realizes the error of her ways and negotiates a deal to get Luther a title shot even though she is no longer managing him.

If I could select one word to describe this film it would be without a doubt—cheesy; if the goal is a serious story about hard work and perseverance Against The Ropes totally misses its mark. One would think, even

expect, characters that are based on actual individuals to be at least somewhat believable, but this is far from the case. These characters have no depth—no emotional arc that all allows us to see even the slightest change from setup to resolution. And even actors the caliber of Meg Ryan and Omar Epps cannot recast such dead dialogue. There is one seen in particular in which Kallen and Luther are discussing the business side of things when Luther breaks into a ridiculously pitiful monologue about how because of his background he's unable to keep track of his own finances or balance a check book. And if the words alone aren't enough to send audiences running to the restrooms with both hands holding back the nausea, the most absurd music serves as a backdrop for this spectacle. The relationship between Kallen and Luther seems to jump from budding friends and business partners to enemies without the in-between that is essential to a good story. Considering all the hype surrounding this film (I personally have been seeing previews since the summer) I expected much more than I got. Ranked among the current box office selections Against The Ropes is definitely a "must not see".

Barbershop 2: Sharp And to the Point

By Michael Ivey
Hilltop Staff Writer

Ice Cube and his loud, rhetorical employees are back for a sequel to the entertaining, controversial Barbershop. With the addition of an original rapper/actor Queen Latifah, and former Kenan and Kel co-star Kenan Thompson, the contextual humor reaches another level.

The same basic premise of saving Calvin's Barbershop from some external force is approached by director Kevin Rodney Sullivan in a manner that proves correct the adage: "It's not what you do, but how it's done that matters." He and writer Don D. Scott construct a layered story that remains funny and interesting throughout. Barbershop 2: Back In Business opens with a flashback of Eddie's (Cedric The Entertainer) abrupt entrance into the history of the shop, which serves as his hideout during a getaway from the police one night. His story is alluded to throughout the film because it gives us the foundation of why the shop has so much cultural relevance in the community.

When we return to the present, the usual heated discussion and good-natured mockery pervades Calvin's, but the life of the lively enclave will soon be threat-

ened. Jimmy (Sean Patrick Thomas) now works for the shift Alderman Laylow Brown, who wants to improve the quality of life on Exchange Avenue by helping Quentin Leroux establish a state of the art "Nappy Cuttz" directly across the street from Calvin's shop. Calvin sees what's going on and decides to fight fire with fire



The Verdict?

by catering to customers more and instituting some very restrictive new rules in the shop. Then the gang decides to sneak inside "Nappy Cuttz" to see exactly what all the hype is about and they're awed by the basketball hoops and fish tanks that give the place its exalted reputation. Calvin's hopes of staying in business are fading when he stumbles upon an obvious bribe, taking place between

Alderman Brown and Quentin Leroux. The two men offer Calvin a cut (no pun intended) along with a guarantee he will stay in business, if he publicly speaks in favor of gentrification.

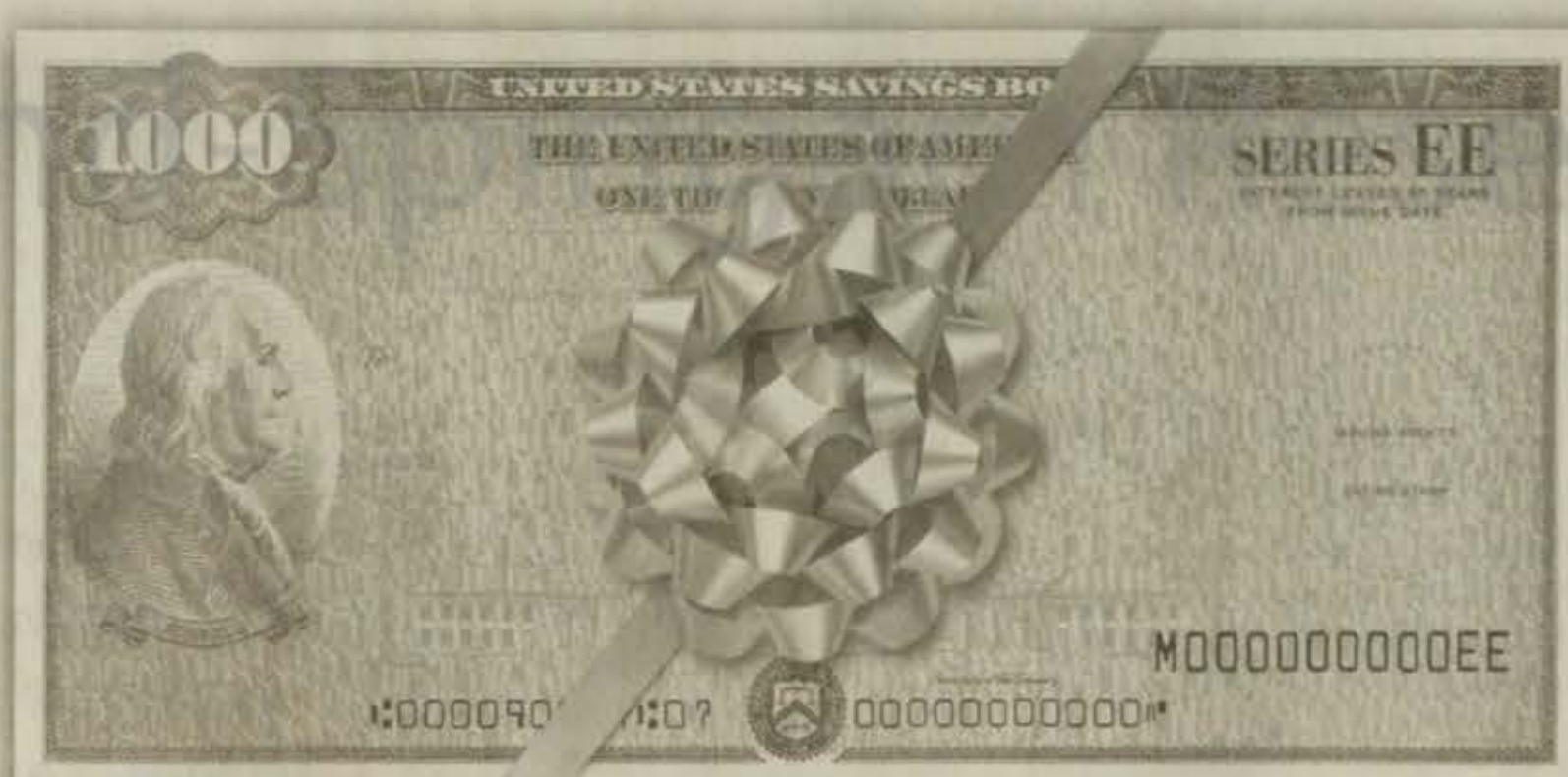
This movie is well worth today's inflated ticket prices for two reasons: it is downright hilarious and the resolution is not only positive, but also pertinent.

The primary cause for the many instances of tear jerking laughter is Cedric The Entertainer's character, Eddie. Targeting personalities from politics to music, the elder statesman of the shop is never at a loss for sharp jokes. He also has a field day cracking on his fellow barbers, as well as Queen Latifah's character, Gina from the beauty shop. In perhaps the funniest scene of the movie the two exchange some very funny barbs standing toe to toe inside a kiddie pool at the company barbecue.

The moral of the story should hit home especially for those of us who hail from poorer neighborhoods. Gentrification is a very real issue for the less fortunate, down-trodden citizens in our country. With its underlying message Barbershop 2 strikes a blow for tight knit communities and their institutions over uncaring capitalism and the bottom line.



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EDITORIALS



Band-Aid Over a Bullet Wound?

The in-school shooting of 17-year old star football player and Ballou Senior High School student James Richardson was an incident that shocked and numbed us all.

Shortly thereafter, Mayor Anthony Williams tailored his State of the District address around how he planned to respond to the problem. Mayor Williams' plan called for police to take over security at public schools and also called for the creation of a CEO-style position of chancellor appointed by the mayor and approved by the DC council.

We understand that Mayor Williams had to take some kind of immediate action in response to the tragic incident at Ballou, but we do not think that this simple plan is the end all answer to that high school's ongoing problem, and the problem with schools in Southeast in general.

Mayor Williams assigned Police Chief Charles H. Ramsey to come up with a security plan for

Ballou in 10 days after his speech. It is impossible for a quickly thrown together plan to end the ongoing violence problem in Southeast. If anything, this knee-jerk reaction is only going to make jails out of public schools and children will be even more panicked for their safety as

explained Williams. Instead of attempting to have one person be a savior for a school and area that has for a long time experience problems, we believe that Mayor Williams needs to figure out a way to incorporate the community in addressing a deep-rooted and complex problem.

Violence will not stop once the bell rings; there is a much bigger problem that Mayor Williams needs to address. If he thinks that throwing police and a gungho chancellor into the picture will cause a turnaround of change, he is sadly mistaken.

Mayor Williams has always built his speeches around education, making vows for profound changes but we have seen little improvement in the DC school system. We commend Mayor Williams for his quick response to a horrible incident, but we anxiously await for him to focus on the arduous task of rebuilding a broken community not just implementing a loose plan that will do little in the long run.

Our View:

If Mayor Williams stops at his action and does not work to create a plan that focuses on the root Southeast DC's problem, then his policies are in vain.

police loom over their lives.

The mayor also spoke about his plans to implement a chancellor over DC public schools. "This is going to allow all of us to place confidence in an extraordinary administrator, set the game plan and then get out of the way and hold one leader accountable to show results"

New NFL Rule Encourages Rushing out of High School

The National Football League may come to bear similar resemblance to the National Basketball Association, with hopeful players rushing out of high school to join the big boys. After Maruice Claretty's challenge to the league's eligibility requirement, US District Court Judge Shira A. Scheindlin ruled recently that the NFL's refusal to admit players until three years after high school violates anti trust laws.

We think its absolutely crazy for high schoolers to be drafted into the NFL. Sports professions already have children across the nation chasing a risky dream. Many kids believe that an education is not necessary and that they can always just make millions at a sport. This lax eligibility requirement for football will further send kids everywhere the message that they can lazily go through high

school because there will be the opportunity to go pro after graduation. The rule takes away a sense of responsibility and furthers the ideal for children that they do not have to get an education.

knew made sense. The NFL undoubtedly thought thoroughly before they made their eligibility rules. They had to know that high school kids would be nowhere near the same level as the other guys in the league.

The NFL is on another level, physically and mentally, and it takes time for even a player coming out of college to be an NFL-caliber athlete. We can only see more cons than pros in this new law—broken bones, kids trying to compete against grown men, kids who have yet another rule telling them its OK to not think about their education. We just think it is preposterous that a judge could make such a ruling when she obviously did not think about the rationale behind the old eligibility laws. She should have left the league's lawmaking to the people who know football the best, the experts and the NFL.

Our View:

Judge Shira A. Scheindlin did not thinking about the over all effect of allowing high school graduates the chance to immediately enter into the NFL.

Rules are made for a reason. Clearly the NFL knew that an 18 year old isn't ready mentally and physically to go head to head with a 30 year old who has been in the game for awhile. We think that the judge was completely out of line for forcing the NFL to go against a rule that the league

THE HILLTOP

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GOP Operatives Fund Sharpton

Political candidates never cease to amaze us.

The Village Voice recently ran an article on Al Sharpton and his "little-noticed history of Republican machinations inconsistent with his fiery rhetoric." Among other things, Sharpton endorsed Al D'Amato in 1986, appeared with George Pataki two days before his 1994 race against Mario Cuomo, invited Ralph Nader to his headquarters on the eve of the 200 vote, befriended Bill Powers when he was the state GOP chair and now he is allegedly receiving funding from Roger Stone, long time Republican.

What is Sharpton thinking? How could he passionately push the Democratic agenda and then allegedly do business with a Republican operative behind closed doors? Unfazed by allegations of "sleeping with the enemy,"

Sharpton declared that he could "talk to anyone I want," although he never denied that Stone helped generate monumental contributions and staff the campaign.

We do not deny that Sharpton has carte blanche to talk to whomever he chooses, but why would he deal with a Republican operative, namely the same man

hate the Democratic Party." Comments like these matched with Sharpton's behavior have us wondering what his true intentions are. These "Jekel-Hyde" actions have left us appalled and in a state of confusion.

By accepting funding from Stone, Sharpton has proven himself to be hypocritical. We have a problem with him pushing the black community to follow and support him when is his making himself a puppet to a man who is most likely trying to undermine the Democratic party. He has proclaimed himself a leader of the black community and has tried to distinguish himself, but he is one in the same as the politicians he criticizes. It is hard to put faith and trust in a man who makes emotional speeches about what he does and is going to do, but for money will succumb to outside pressures.

Our View:
Al Sharpton's behavior gives us no reason to take him seriously as a leader of the black community.

who played a pivotal role in shutting down the Miami-Dade County recount and helping make George W. Bush president in 2002?

Stone reportedly explained his interest in working with Sharpton by saying that they had "a mutual obsession: [They] both

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PERSPECTIVES

...She Said



By Nakisha Williams
Editorials & Perspectives Editor

Friday the 13th: The Conspiracy Theory

It's Friday the 13th and while I'm not a particularly superstitious person, I am scared. Scared because Friday the 13th can only mean one thing: tomorrow's the 14th—Valentine's Day, again.

I am completely convinced that Valentine's Day is a sort of evil conspiracy that someone made up to torture us common folk. After all, Valentine's Day wasn't made for anyone. Point blank, period.

So there's the obvious: Valentine's Day isn't for the single. I can't tell you how many "death-to-this-Hallmark-holiday" Valentine's days I've had ending with me falling asleep choking on my tears and full boxes of Godiva (calories be damned). When you're unattached, you have to nauseatingly watch as other people prance around in love. It only rubs it in that another year has passed and you are still living as single as Latifa an'em.

But Valentine's Day isn't for the involved either. Nine times out of ten, it's just as horrible!

Our fluffly little holiday adds disappointment for the woman who expected something from her man and he didn't deliver (and more often than not this IS the case!). I remember being especially ecstatic one Valentine's Day when I had a love interest. Now was my turn to carry around a bear as big as Shaq's body and parade around with roses like I just won the "Miss America" pageant. Yessssss!

Those single girls would be so jealous! Imagine my disappointment when that glorious day came around and all I got was a homemade card—on college ruled paper. At least when I was single I got Godiva.

Valentine's Day adds just as much stress for the attached man. There is a tremendous amount of pressure for men to get that perfect gift. Guys, I know it's not fair but let me let you in on a little secret. In our world: If we've been talking to you for more than a week and you think you want to spend the night, we expect something on Valentine's day! And don't try and give her that tired excuse that Valentine's Day is really about love, so in an attempt to forget about all the materialism you didn't buy her a gift. Let's be real about life: Valentine's Day is nothing short of materialistic! You have 362 other days in a year to love her for free (don't forget her birthday and I hope you didn't forget Christmas).

It sucks my friends, but Valentine's Day doesn't love you. Well maybe it does if you're one of the 2% of the people in this world who actually has a good love.

Day tomorrow—but if you're one of those people, let me be the first to tell you: everyone else hates you. They hate your guts.

Tomorrow, I encourage you all to have a happy February 14th. Play that whole lovey-dovey thing off no matter what 'ol boy or baby girl does. Partake in Godiva and let everyone speculate as you walk around with a big smile on your face (even if it's contrived). Cause in the end Jesus loves you, your mama loves you, and really, that's all that matters.

Nakisha LOVES YOU TOO!
But please don't send her stalker-ish email at n_j_williams@howard.edu just because she said that.

Ain't No Future In Your Frontin'!!!

M.S. Smith

When is it time to throw in the towel? They say, "If at first you don't succeed, then dust yourself off and try again." But what if you just can't seem to knock that dirt off your shoulder?

For instance, there is this guy that I'm sort of in a relationship with, keywords: SORT OF. His mom knows about me, all his friends know about me, hell I got pictures all over his room. We have daily conversations on the phone that last for hours, we grocery shop, we party hop and we watch movies on a regular basis like 'Love and Basketball' and 'Lion King' and oh yeah, we tell each other everything. So you ask, what's wrong with this picture? He is not my boyfriend; I don't even know what to call him! This guy has a problem saying how he feels, and

guess what? So do I. He claims that he fronts, and there are things he wants to express to me, but his pride won't let him show it. So of course, I do the same. But enough is enough. We're around each other like everyday, and been dealing with each other for 5 months, but we can't seem to get over this hump. Feelings are definitely involved, but neither one of us wants to admit it. It was a game in the beginning, but it's not fun anymore... the rules have changed. It has gotten so twisted, that he has sex with other people because I refuse to have sex with him. We have a problem, Houston! He makes me laugh, he makes me smile, he makes my day. He is my friend, he is my equal, he is... killing me softly. By the time he realizes what he has, he won't have it anymore. Call me a hypocrite, cause I am frontin' too, but I'm screaming to him through this page.

A Special Tribute

D. Lazarus

I would like to honor my significant other for Valentine's Day. Jason, my significant other, is a special person, a true fighter. During basketball practice his senior year in high school he was hospitalized when he had a stroke. His family and his doctors had given up hope that he'd ever walk again, many of his doctors even believed that he wouldn't make it through the night but Jason didn't let that get him down, he continued to have a positive attitude and tried to reassure everyone that he'd be alright.

He knew that even if he did survive that there was a low chance that he'd ever get the left side of his body functioning again and this did not dampen his positive spirit. He continuously told everyone that he'd be better. After weeks of intense physical therapy Jason was back on his feet and today you couldn't tell that he had a stroke 2 years ago. Jason never lets anything get him down, he's caring, and giving, and loves to help others. He loves helping others so much that despite his mother's wishes he attended college the same year after his stroke and began taking courses to enable him to be a physical therapist. Jason continues to be a fighter and he inspires others, as well as myself to be fighters as well. Jason should be recognized because he's truly special and he's going to do great things with his life and I plan to be there to support him.



About Love

What can represent love?
What symbol is out there that can?
If a rose symbolizes love
and it withers and dies in a brown world,
crumpled and grotesque
does one's love also wither the same
and stiffen around the edges?
Is that symbol a mirror of a couple's love?
No—
a symbol is a physical property.
Love cannot be symbolized physically—

no symbol can say it all, express
those intricate emotions we feel.
No wedding ring so brilliant.
And love is more than symbols—
it tends to emerge emotionally and mentally.
Love stretch beyond death
Love stretch beyond circumstance
And it tends to last
when everything else crumbles and wears away.

—Bryan L. White



Each Tuesday, I eagerly await the newest version of The Hilltop. In it, I normally find informative and socially uplifting articles.

Unfortunately, I was most disappointed in "Candidates Shouldn't Make Promises They Can't Keep."

This article seemed to demean student candidates and appeared to imply that Howard candidates are embarking on becoming "schemer[s] who [try] to gain advantage in an organization in sly or underhanded ways." Ironically, the only blatant "underhandedness" seemed to be the tasteless attack this editorial made on candidates—past and present.

The editorial should have addressed what promises a candidate SHOULD make and keep as opposed to falling in the same routine of so many Americans. It's unproductive and draining to constantly berate candidates on "false" promises. Shift the focus to what needs to be done and present that to the candidates. Based on their responses, use your vote as your voice.

Lastly, I implore Howard students to maintain the cohesive status of one of the nation's leading HBCUs. I've held this institution at the highest level based on the works of its graduates. Please do not tarnish the vision that so many of us have of this great institution.

Sincerely,
Sheikilya Thomas



I'm writing in response to Ria Marie Davis' report 'Censorship: Social Booster or Freedom Violation?'

I'm a radio presenter working in Singapore. Unfortunately, Davis' report had a number of factual inaccuracies. One such example was suggesting that the Singapore Government renamed the Austin Power's Movie, "the Spy Who Shagged Me", to be "The Spy who 'shioke'd' Me". This was never the case - yes, it was proposed by a government department, but most people thought it was as ridiculous an idea as Davis suggested and it only ever hit the movie screens with the original title.

Now, I'm not writing to run down the article on a point-by-point basis. Rather if the journalist had done some more thorough research, I believe she would have uncovered a more interesting story than having to resort to over the top rants from Marisa McLaine for copy. It's obvious that McLaine has never even bothered to learn something about Singapore from her comment.

Lee's speech to the Harvard Club was

thought by many to be a stake in the ground for his future as Prime Minister. It was also seen as a further commitment by the government to opening up an environment that has been seen as closed. I myself followed up the story with a strong on-air debate with a government MP on the development of feedback and a more open press.

Singapore is located in a very difficult part of the world and that really needs to be placed in context for why our system operates as it does. We suffered heavily from the 1997 Asian financial crisis and have been dealt continued heavy blows with the war on terror and more recently SARS and the bird flu.

Yet, even with arguably perfect opportunities for the government to use this as an excuse to clamp down, they've instead encouraged further open debate, albeit with cautions.

Perhaps, the article could have stretched further to examine a nation that is moving away from its limitations. As one of your quotes said, "What they are doing appears to be working, so they must be doing something right".

Regards,
Nick Tymms
Singapore

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MY MY-MY
sho look good
2nyte.....

FONTA-
"Sistah You've been on my mind. Ohh, sistah, you're one of a kind, my sistah. I'm keeping my mind on you....."
I LOVE YOU SIS

Happy Valentines Day 2
my parents, Bo & Marilyn Gilliam hang on to your love. Still going strong after all this time!
-Maya Gilliam

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Freda,
Will you be mine?

Yes or No

(Circle One)

What is Black Love
and what does it
mean to you... try to
find it this week-
end...
82

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Erica,
Thanks for coming thru this week.
Keep up the good work.
- Leesa D.

To My Friday Staff-
The paper continues to improve each week and its because of the hard work, creativity, and devotion each one of you put into your work every single week. You've all progressed so much and I love watching you grow as each week passes. Thanks for making my job much easier and as always, very enjoyable! I will continue to be here for each of you just as I have been from the beginning. Keep it up! I'm proud of you!
your lovely managing editor,
Aisha

*Shani- I'm glad you're feeling better. Don't scare me like that anymore
*Songstress- Miss U

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2004
SUNDAY FEBRUARY 15th, 2004
1010 VERMONT AVE NW
NO SCHOOL or WORK ON MONDAY

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1115 F Street NW, WASH. DC
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The Suave 1
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Presents
WHAT??

-The Public

Dear Poophead,
Happy Valentine's Day!
Luv,
African Booty Scratcher

L7 SQUARE
HAPPY
VALENTINE'S DAY.
MUCH LOVE TO ALL
AND WE NEED TO
STAY TIGHT, NO
MATTER WHAT!!
-GOOD GAME

Happy
Valentine's
Day Mom
-Josef

Aisha and Josef,
Thanks for believing in us. Mind, Body & Soul is on a whole new level.
Leesa D.

Arion- You kick A**!
To my campus writers- Thank YOU! You guys really came through this week!
-Danielle

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